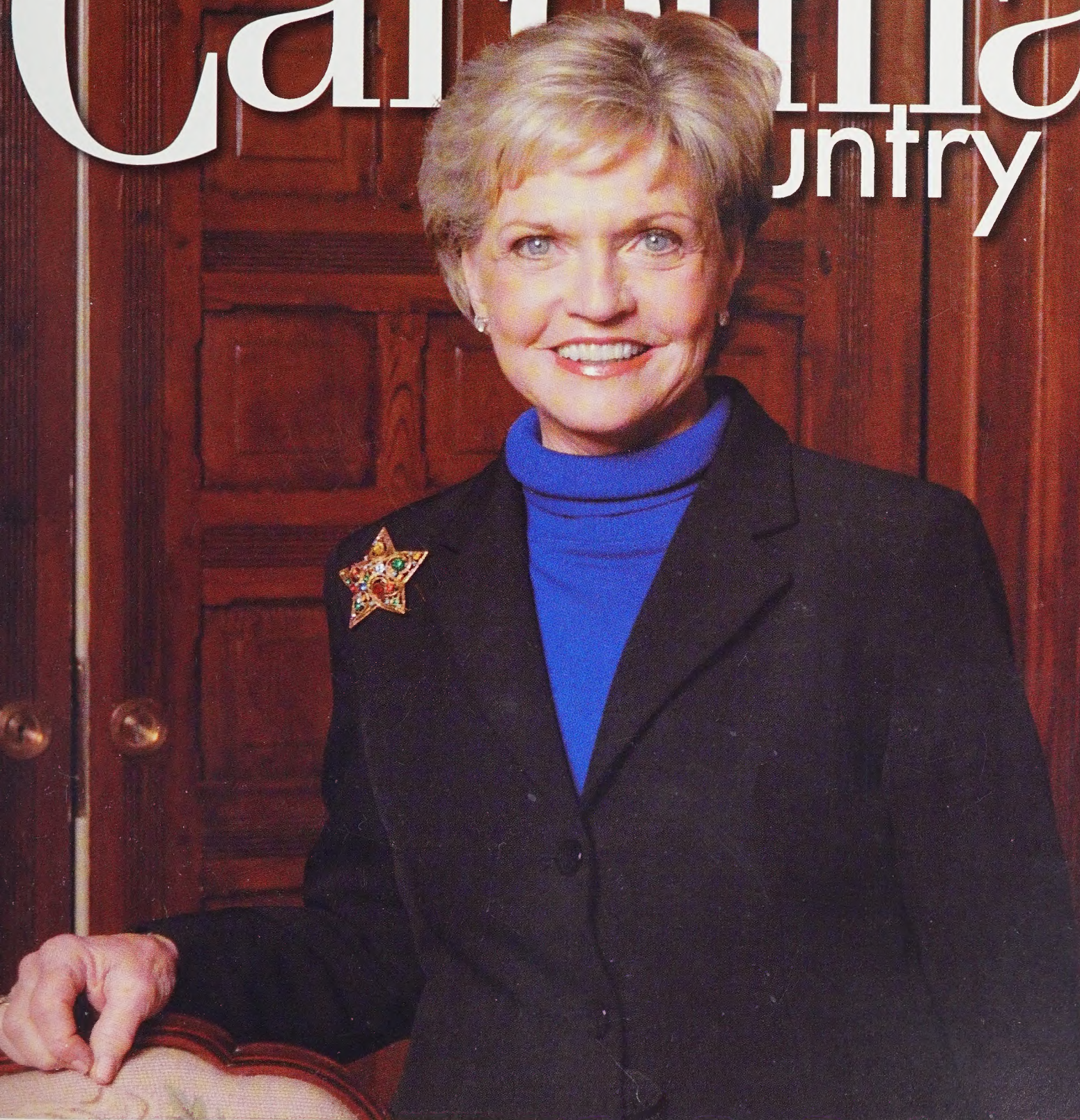


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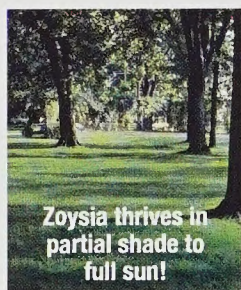


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Editor

Michael E.C. Gery, (919) 875-3062

Senior Associate Editor

Renee C. Gannon, CCC, (919) 875-3209

Contributing Editor

Karen Olson House, (919) 875-3036

Creative Director

Tara Verna, (919) 875-3134

Senior Graphic Designer

Warren Kessler, (919) 875-3090

Graphic Designer

Linda Van de Zande, (919) 875-3110

Publication Business Specialist

Jenny Lloyd, (919) 875-3091

Advertising

Jennifer Boedart Hoey, (919) 875-3077

Executive Vice President & CED

Rick Thomas

Senior Vice President, Corporate Relations

Nelle Hotchkiss

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Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

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Sharing the cooperative spirit in other nations

By W. Max Walser



Soon after I retired in 1997, I volunteered on a mission to Honduras where in 1998 Hurricane Mitch—one of the strongest Atlantic hurricanes ever recorded—had destroyed roads, bridges and entire villages, leaving thousands dead and more homeless. I was among about two dozen volunteers who helped bring in food and supplies and build adobe mud houses and schools. We installed solar-collecting panels on about eight schoolhouses in very remote villages of Honduras and later in Costa Rica, and I will never forget the expressions on faces of those kids who turned a switch and watched lights go on.

Since then I have returned eight times to various parts of that region to volunteer for local electric cooperatives, as well as community schools and churches, to help bring conveniences to families and businesses that we in the U.S. take for granted every day.

It's hard to believe that in the year 2010, when we can send an electronic message or photo instantly across the globe, more than 64 million people in Latin America do not have electric power where they live. That's more than 10 percent of the population.

During my experiences in places like Honduras, Costa Rica, Ecuador and Bolivia, I learned that working alongside people who are willing and eager to improve their living conditions creates a bond not only among those of us who are there, but also among their societies and ours. On several occasions we brought with us food supplies, building materials and equipment donated by businesses, industries and churches in Davidson County that helped build schools in places where there were no schools. In just a few weeks, we set up a relationship of mutual trust and appreciation that will last for many years.

On one trip to Honduras, a 22-year-old brick mason from North Carolina

accompanied us. Kenneth Lanier had never been out of North Carolina before. He grew so attached to the people and work we were doing that he decided to stay longer. He eventually met and married a local woman, and they now have two children, live here in Davidson County and are members of EnergyUnited.

One of many amazing projects took place in the Honduran mountain village of El Corpus. Hauling computers donated by my co-op EnergyUnited, we connected quite a few schools in what amounted to jungle environments to the Internet. It was a slow, dial-up connection, but I watched a child research the Internet on a subject for his geography class. I don't know who was more excited, him or me.

Along with Jimmy Horton of EnergyUnited's board of directors, I visited an electric cooperative in Riberalta, Bolivia, to work alongside its directors. Several North Carolina electric cooperatives and the National Rural Electric Cooperative Association have established a working relationship with Bolivian cooperatives that have been opening once-remote regions to promising development. Those regions are now true friends of the U.S. Like any developing society, they face obstacles of poverty and corruption, but we learned that the longer we maintain the relationship, the smoother their progress becomes.

Sharing the cooperative business model—and the cooperative spirit—with neighbors in need always has immense and rewarding benefits. I hope that members of cooperatives everywhere can in some way lend their support to our work with other nations and cultures. ☺

Max Walser lives in Lexington and is a member of the EnergyUnited board of directors. A retired superintendent of schools in Davidson County, he also serves as chairman of the county's Board of Commissioners.



Max Woody chairs

We heard from readers who enjoyed the story about Max Woody ["Max Woody Chairs," January 2010] and asked to see photos of his famous chairs.

Hwy. 17 Motor Court

James Howerin of Beaufort County called to add information about the "Where Is This?" photo we ran in December. The buildings originally were part of Mo's Motor Court on Hwy.



17 South just north of Washington. His parents ran the place in the 1950s when tourist traffic was heavy along Hwy. 17. He said travelers from all over enjoyed staying there because the motor court's cabins had air-conditioning and show-ers, plus a restaurant.

Contact us

Web site: www.carolinacountry.com

E-mail: editor@carolinacountry.com

Phone: (919) 875-3062

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A real play house

What has happened to imagination in young people? When I was a child, we played house and prepared a meal with red leaves for tomatoes, green leaves for lettuce, and tree bark for bread. It was a great sandwich to serve your pre-tend family. You could scrape a dried corn cob for the coconut on your mud cakes. Then for your bedrooms you could gather moss and make a great bed for your doll.

Marie Gant, Taylorsville



UV rays in CFLs

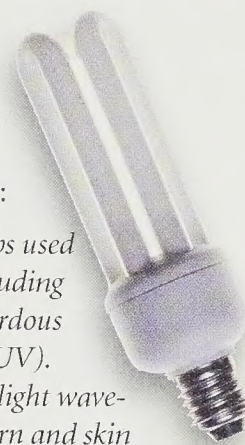
My dermatologist advises that fluorescent light bulbs, including CFLs, emit ultraviolet rays which are known to cause skin cancers. He uses sleeves on bulbs in his clinic to cut that emission. Could you publish some information about this?

Charles A. Hand Jr., Canton

Editor's note:

The following is from the Energy Star division of the U.S. Department of Energy:

Regular fluorescent light bulbs used in your home and office, including CFLs, do not produce a hazardous amount of ultraviolet light (UV). Ultraviolet light rays are the light wavelengths that can cause sunburn and skin damage. Most light sources, including fluorescent bulbs, emit a small amount of UV light, but the UV light produced by fluorescent light bulbs is far less than the amount produced by natural daylight. The amount of UV given off by regular fluorescent light bulbs used in your home and office are not hazardous. A recent report from E Source indicates a level of UV radiation from CFLs at a range of 50–140 microwatts/lumen. In comparison, this report also sites that some incandescent products have been found to have UV levels exceeding 100 microwatts/lumen. UV filters may be available through some manufacturers. Additionally, some manufacturers have low UV bulbs in their product lines, for especially sensitive areas.



My stimulus package

You should have seen Milly Hampton grin on her first birthday when she pulled out the money. She could have been saying, "I got my stimulus package, did you?" Her parents are Julie and Billy Hampton Jr. She is the granddaughter of Thomas and Ann Waller (Jones-Onslow EMC members), and Cherry Hampton and the late Billy Hampton Sr. of Oak City. I am her great aunt!

*Alice E. Wilson, Tarboro
Edgecombe-Martin County EMC*

JACOB'S LOG:

All for a good cause

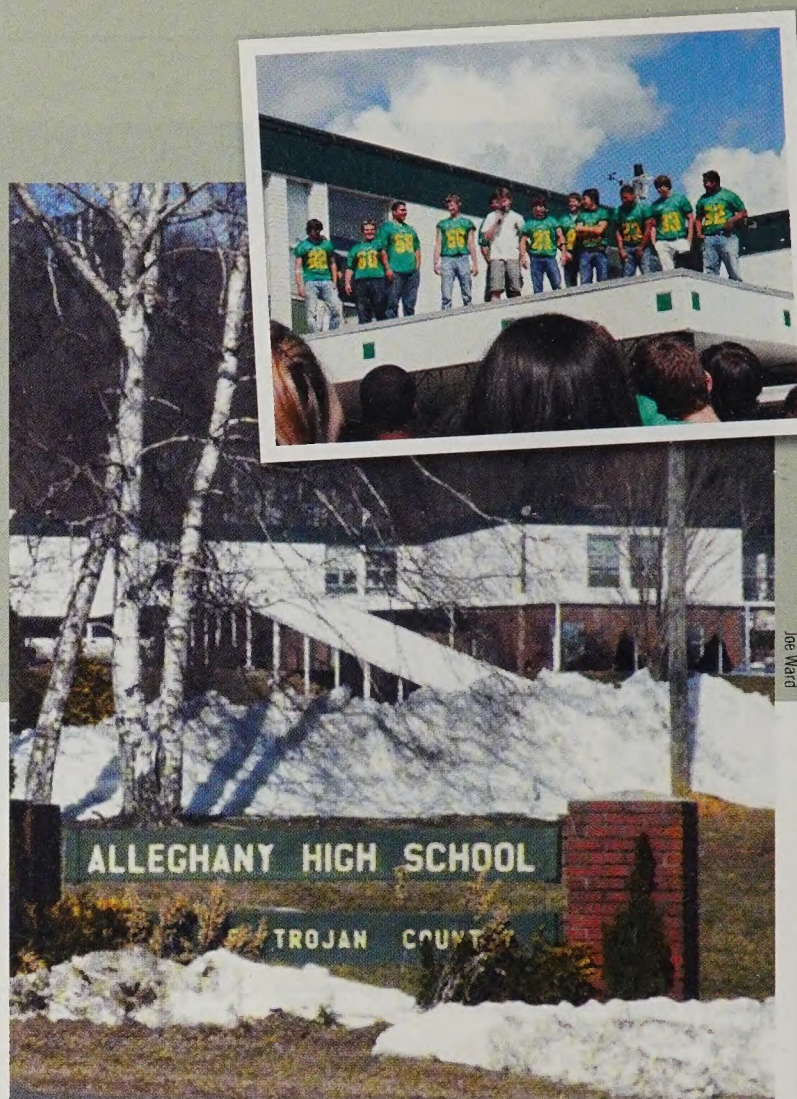
By Jacob Brooks

Another month has flown by up here in Alleghany County. I've been incredibly busy with school this semester. I've got some rather tough courses: Advanced Placement calculus and AP English. I have quite a bit of homework at night, so I miss out on some of the fun stuff (not exactly setting hay bales on fire, however). Anyway, I should be hearing back from colleges soon. I did get accepted into UNC Wilmington, but I haven't heard from anyone else yet. Keep your fingers crossed for me.

In other news, the Student Council has also been extremely active this year. I am president of the organization, and I have learned a lot about leadership and serving others. I will admit, I have hit a few bumps in the road, and I've also found that things are not always as easy as they may seem. The Student Council was able to raise over \$1,000 for the annual Pennies for Patients drive at our high school. The money raised is given to the Lymphoma Leukemia Society. The Student Council also took part in collecting gifts to give to the patients at the local nursing home. We were very successful in both activities, and I would just like to say that I am very proud to be a part of the organization, and I am also very proud of the council members for their hard work.

Another cool thing we did this year was have a pep rally on the school roof. No, I'm not lying. The Student Council is mostly responsible for organizing the pep rallies and the assemblies that take place at the school. We always try to provide a new and exciting element to our festivities as a way to avoid doing the same old things. Our advisor suggested we hold an upcoming pep rally from the roof of the school. I first thought that the likelihood of this happening was slim to none, but our principal was more than supportive. We held the pep rally before school was dismissed on the Friday before the game. It was awesome to say the least. Some of the football players and I stood on top of the roof and led the pep rally. It was awesome to be a part of the first pep rally on the school roof.

Our current project is to raise money for a marquee sign that will be placed at the intersection not far from the school. It seems that all other schools in the surrounding



We're raising funds to place a marquee sign near the school.

Above: I led a pep rally for the football team on the school roof.

area have one, so the Student Council has decided to raise money for our own. We're going to be hosting events in hopes to raise money and also are asking for donations. The sign costs almost \$7,000 dollars, and we hope to have it up by the end of the year. Wish us luck.

As you all know, I am the National Spokesperson for the Youth Leadership Council which is sponsored by the National Rural Electric Cooperative Association. The annual meeting for all electric cooperatives is coming up this month. I will be in Atlanta Feb. 12-17. As part of being the spokesperson, I will give a speech while I am there in front of about 10,000 people, so I'm just a little nervous about that. I also found out the speech will be streamed live over the Internet, so maybe you guys will be able to see me.

Thanks again for reading. Y'all are the best. Have a good month, and I'll talk to ya soon. God bless. ☺

Jacob Brooks is a high school senior in Alleghany County. Representing Blue Ridge Electric, he is the national spokesman for the electric cooperatives' Youth Leadership Council and is scheduled to speak to the national convention of electric cooperatives in Atlanta this month.



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NRECA International Programs



A Haitian student with transformers that became part of his school's electric service system.

"They speak the same work"

As electric co-ops celebrate 75 years of providing affordable electricity for rural Americans, another story unfolds globally, echoing the cooperative success story. Volunteers from electric co-ops across the nation are spreading rural electrification overseas, sharing light and hope with war-torn or forgotten communities.

"When I told my daughter, Katie, she couldn't believe some places in the world don't have electricity," said Craig Larkin, a lineman from Missouri's Cuivre River Electric Cooperative who spent several weeks lighting up a city in war-torn Southern Sudan. "If we can help them out, that's an awesome thing."

NRECA International Programs, a division of the National Rural Electric Cooperative Association, since 1962 has affected over 100 million lives in more than 40 developing nations by building safe and reliable electricity distribution systems. Funding for this global goodwill effort comes in part from the NRECA International Foundation, a registered charitable organization partnering with electric cooperatives in the U.S.

NRECA International Programs doesn't simply bring American linemen into a country for a few weeks,

then pull up stakes. Staff members and volunteers teach locals how to build and maintain simple power grids and run their own utilities.

"The ultimate rewards we see are the long-term benefits," explains Guatemala volunteer Chris Stephens, manager of engineering for the Georgia co-op Coweta-Fayette EMC. "We're shar-

ing information and technologies from our linemen to their linemen. They may not speak the same language, but they speak the same work."

The initiative also introduces communities to the co-op business model and shows them what electric power can do for schools, health clinics, farms and local economies. Today, NRECA International Programs projects are under way in Bangladesh, Republic of the Philippines, India, Bolivia, Haiti, Senegal, Dominican Republic, Costa Rica, Southern Sudan, Yemen, Nigeria, and Guatemala.

Over the years, North Carolina's electric cooperatives have sent volunteers from linemen to board members, as well as equipment such as vehicles and generators, to many of the International Programs projects.

Through the Sister Cooperative Partnership Program, three North Carolina co-ops have relationships with Latin American electric co-ops: Blue Ridge Electric (Lenoir) with Cooperativa Rural de Electrificación in Bolivia, Carteret-Craven Electric (Morehead City) with Coopesantos R.R. in Costa Rica, and EnergyUnited (Statesville) with Cooperativa Eléctrica Riberalta in Bolivia. After staff and

directors from Coopesantos visited Carteret-Craven Electric to study strategic planning, finance and logistics, their communication director said, "We made friends instead of just learning."

To watch videos of linemen volunteering across the globe or to make a donation supporting the program, visit NRECAFoundation.coop.

—Megan McKoy, NRECA

On a mission to Zambia

Ken Thomas of Haywood EMC in Waynesville is not only a skilled electric lineworker and the co-op's manager of marketing and communications, he also is a well-traveled missionary. Haywood EMC supports Ken's volunteer work with the international Christian relief organization, Samaritan's Purse, which is based in Boone.

Ken and his Samaritan's Purse colleagues, including other North Carolina electric cooperative linemen, have traveled to such corners of the globe as Guatemala, Kosovo, Papua New Guinea and Belarus on missions to build and repair electric distribution systems, primarily for hospitals, in desperate and poverty-stricken regions.

In late October, Ken joined the most recent adventure in the southern African nation of Zambia. The tasks there over two and a half weeks included improving an electric supply system for the Mukinge Missionary Hospital where power outages occurred frequently, including during surgery, and sometimes lasted for days. By building a battery inverter system, the volunteer electrical engineer and electricians left the hospital an

Samaritan's Purse



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uninterruptible power supply. "In their operating theaters now they won't even see a blink when there's an outage," Ken said. They also installed an automatic transfer switch which activates a back-up electric generator when an outage affects other sections of the hospital, and they rebuilt lines and equipment to allow the hospital's water supply to pump reliably.

Ken learned that the Zambia National Power Company (ZESCO) is so impoverished that it took four years to get electric service to a new missionaries' home on the hospital premises. "They plan to build a school for nurses," he said. "But unless someone else comes in to build the half-mile electric system, the Zambia power company won't be able to reach it for 10 or 15 years."

In May, Ken has scheduled to take more personal leave time to perform similar work with a Samaritan's Purse mission to a hospital in Jordan.

—Michael E.C. Gery



Ken Thomas worked with local lineworkers to build distribution service to a hospital in Zambia.

Q: How can I find out how much electricity we use at home?

A: Learning to track how much electricity your home consumes is a good way to start managing electric use billed by your electric co-op in kilowatt-hours (kwh).

Devices are appearing in stores that provide a constant, digital reading of how much electricity your home or even individual appliances are using. One type, such as the Kill A Watt™, fits between an electrical outlet and an appliance to give you an instant reading of how much electricity an appliance draws.

Another type connects to your electricity meter and wirelessly relays use information to a small screen inside. Called an in-home display, the device looks similar to a wireless weather monitor and can help make consumers more aware of energy being used day to day. Research conducted by the Cooperative Research Network (CRN), the research arm of the National Rural Electric Cooperative Association (NRECA), shows that most consumers who have an in-home display use less energy than those without one. And even after homeowners stop paying attention to the devices, most still use 1 to 3 percent less energy than before.

"The question of whether in-home displays catch on and become permanent fixtures in the American home is still open," explains Brian Sloboda, program manager with CRN. "However, for anyone wanting to take a proactive approach to understanding electric consumption, the in-home display may be worth exploring. You could use the knowledge that an in-house display provides to change the way you use electricity in your home and save some money."

There's also the old-fashioned way of tracking electricity use: reading your meter. As your home draws current from power lines, your electricity meter keeps a steady record of every watt being used. Many meters today are digital, replacing the older—though still reliable—design that uses spinning disks and dials.

Digital versions make tracking energy use a breeze: jot down the number you see, and check it again in a month. The difference between the two represents the amount of electricity that has been used for that month, or a typical billing period. Check it more frequently to get an idea of how you use electricity in a given week, or even day by day.

To read an older model meter (with spinning dials), write down the numbers as shown on the small dials from left to right. Some of the dials spin clockwise, some counter-clockwise, but record each number closest to the dial hand. Once you have the full reading it can be compared to later readings, as described above.

If you have any questions about reading your meter or learning more about how much electricity your home uses, contact your electric cooperative.

—Scott Gates, NRECA



Home power monitors like this Kill-a-Watt model (about \$50) are becoming available in home improvement stores and online.

Can you help others save energy?

Send your conservation ideas or questions to us:

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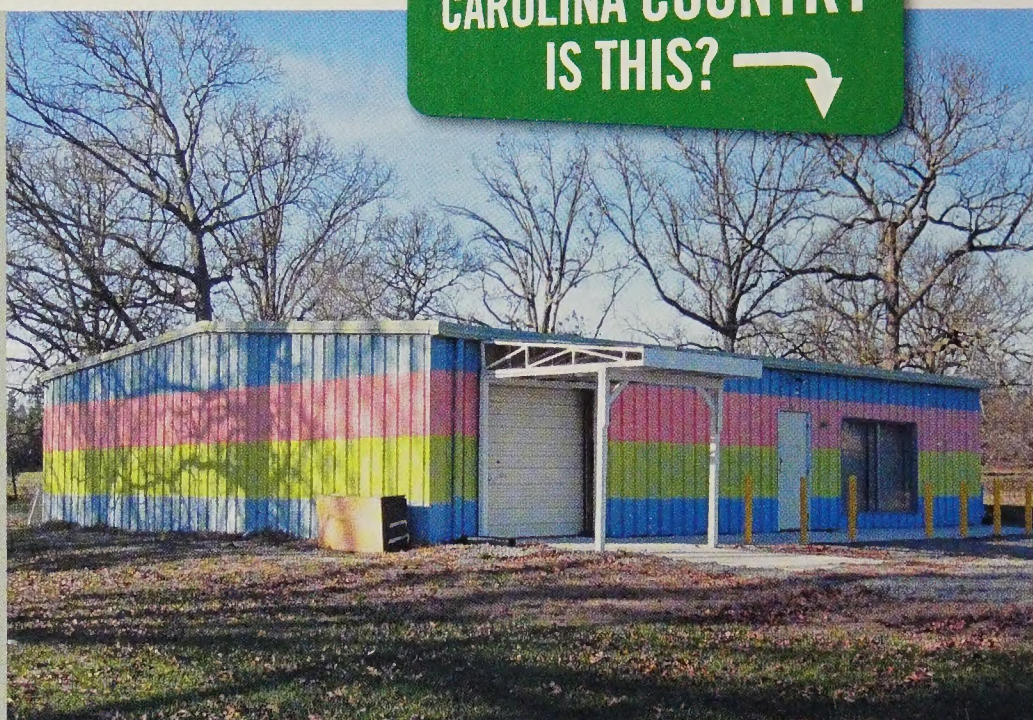
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The winner, chosen at random and announced in our March issue, will receive \$25.



January winner

The January photo showed the remains of the so-called Confederate Laboratory at the intersection of Confederate, Laboratory and South Fork roads in Lincoln County. The site later held one of the Rhyne cotton mills. The laboratory made medicines for use during the Civil War and was burned by Union soldiers. Wade Carpenter Jr. told us the laboratory was operated under Dr. A.S. Piggot from 1863–1865. The \$25 winner chosen at random from all the correct ones was Cameron Beam of Cherryville.

Former Carolina Country editor dies

Richard A. Pence, former editor of The Carolina Farmer (now Carolina Country magazine), died Nov. 25 in Fairfax, Va. He was 77.

Pence grew up in South Dakota, served in the U.S. Navy and graduated from South Dakota State University. He moved to Raleigh in 1958 and became assistant publications editor in North Carolina State University's School of Agriculture. After six years at Carolina Country, he moved to Washington, D.C., to become editor of the "Rural Electric Newsletter" for the National Rural Electric Cooperative Association. In 1985 he was editor of "The Next Greatest Thing," an award-winning photo history of the first 50 years of rural electrification in the United States.

During his career with NRECA, Pence also served as editor of Rural Electrification Magazine and as head of the association's publications department. He spent the latter part of his career at NRECA as a communications consultant specializing in assisting local electric cooperatives with pressing public and member relations problems, including threats of sell-outs. For the past several years he wrote a monthly column featuring historical flashbacks for RE Magazine.

He is survived by his wife of 45 years, Ellyn (Hutto) Pence, a native of Jackson, Miss., their three children, Todd of Fairfax, Va.; Robert of Raleigh, N.C.; and Laura Pence Larson; son-in-law Matthew Larson of Allenspark, Colo.; and two grandchildren, Molly Bellou Larson and Calvin Pence Larson.

Be counted in the 2010 Census

The 2010 U.S. Census that will take place this spring is a basic tool of democracy, required by the U.S. Constitution, that takes a national headcount every 10 years. Census counts are used to determine the number of congressional seats for each state, the shape of legislative and local government districts, and how more than \$400 billion in federal funds is distributed annually to communities across the country.

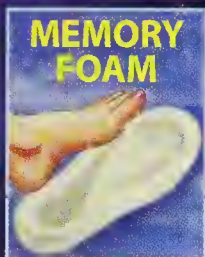
All populations, including recent immigrants, minorities, college students living off-campus and rural residents, will be counted.

Census questionnaires will be mailed or delivered to about 130 million households across America in mid-March. People are asked to return their completed 10-question census forms in March and April. Census takers are sworn to confidentiality.

The U.S. Better Business Bureau advises people to ask census takers for their identification. They are required to wear badges and will carry handheld devices, a Census Bureau canvas bag and a confidentiality notice. People will not be asked for financial information.

For information about the 2010 Census, go to www.2010census.gov. All personal information is kept confidential by law.

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Gov. Perdue's *First Year*

The economy, energy and rural North Carolina

Gov. Beverly Eaves Perdue, North Carolina's 73rd governor and our first female governor, completed her first year in office in January. Carolina Country offered her an opportunity to look back on that year and to look forward to what's next.



Gov. Perdue visited Hatteras Island last fall to talk about renewable energy projects.

Q It has been a challenging year for our state. What has been the biggest challenge for you? How would you describe your performance your first year in office?

A North Carolina has struggled to recover from the global recession along with every other state in the nation. As the unemployment rate reached record levels and our state budget shortfall grew, it became clear that guiding our state through the toughest economic times in recent memory would be my biggest challenge.

It is painful to see how the recession hurts families on an individual level. Thousands lost their jobs, money got tight, people stopped spending, and some families couldn't pay their mortgage. Jobs had to be my number one priority, and I've spent a significant amount of my first year in office working to position North Carolina for job growth, retraining and redevelopment.

I started the JobsNOW initiative to aggressively create jobs and train our work force. The economic recovery dollars helped create thousands of

jobs and spur workers to get trained or retrain for new careers in fields that are hiring. Nearly every day, I'm on the phone or meeting with business leaders from around the world, convincing them to bring jobs to North Carolina—and we've had a lot of success. I'm proud of the work we've done and I'm confident that we are laying the foundation for a strong and sustainable economic future.

The economy didn't just do a number on the pocketbooks of families in North Carolina—it has strained the

financial resources of the state. This year our state faced its toughest budget crisis since the Great Depression. We had a \$4.6 billion budget shortfall, and some budget proposals were calling for massive cuts to state services, including education. I worked with the General Assembly to protect the classroom first and avoid an income tax increase on all North Carolinians.

In the end, we balanced a budget that continued to provide critical services, and we were named the number one state in the nation to do business by Site Selection Magazine. Our progress may be slow, but North Carolina will recover and move forward.

Q Which accomplishments during your first year give you the greatest sense of pride?

A First, I am proud of the work we've done to bring jobs to North Carolina. In the midst of a global recession that has strained North Carolina's workforce, I am constantly talking with business leaders here in North Carolina and around the world about doing business here. That work has paid off. It seems like every week there is a new job announcement. And the seeds we've sewn this year will pay off when North Carolina is poised to come out of the recession better than any other state.

I'm also extremely proud of the fact that we were able to shield our public school classrooms from massive cuts, despite a daunting budget shortfall. Some budget proposals called for an increase in class size of two students per class in all grades and other proposals called for no revenue increases, which would have caused horrific cuts to education and other vital services. That was not acceptable to me. While the final budget was far from perfect, some important improvements were made. Specifically, children in grades K-3 didn't see their class sizes increase and K-3 teachers and teachers' assistants were protected.

Looking back on the year, I am most proud of the steps I've taken to bring integrity to this office and all of state government. On my first day in office, I signed a series of executive orders to increase transparency and accountability in government. I continued those reform efforts throughout the year, increasing standards for state employees and appointees to state boards and commissions. And my NC OpenBook project has shed light on state grants and contracts.

Q What do you think are the most pressing needs of North Carolina's rural regions around the state?

A The number one priority is jobs. Some of the highest unemployment rates are found in our rural counties. That's why my JobsNOW initiative is working all over North Carolina to create jobs and provide training to put folks back to work quickly or retrain them for career changes.

We've announced job-creating projects in rural counties from the mountains to the coast. The 12-in-6 career training program in community colleges is giving folks the skills they need to find jobs quickly. And we've invested billions of federal recovery dollars in rural North Carolina—putting those dollars to use to move North Carolina towards a faster recovery.

Q If you could do anything you would like to do for rural North Carolina, what would you do?

A I would guarantee that every child in rural North Carolina would graduate career ready—ready to succeed anywhere in the world in the 21st century economy. The smartest investment we can make for rural North Carolina's future is in our children's education. It's the bedrock of our economy.

And I'm already working on it. One example is the power of virtual learning. The NC Virtual Public School gives students, anywhere in North Carolina, access 24/7 to high-quality courses that might not be available

at their local schools. Equal access to education means equal opportunity. If we give rural students an equal opportunity to graduate career ready, then those areas will not fall behind.


Q Cooperatives have always helped educate rural families and businesses about energy efficiency and the energy business in general. What do you consider the most pressing energy issues facing the state as a whole? What are your priorities for addressing these pressing energy issues?

A While energy prices continue to rise, North Carolina must find "green" solutions to control our costs. That means energy efficiency, a smart grid and renewable energy to decrease our reliance on energy imports. That means we've got to invest in new green technologies and work with existing energy leaders to find solutions to our common goals.

Q What is your assessment of the state's progress on alternative and renewable energy?

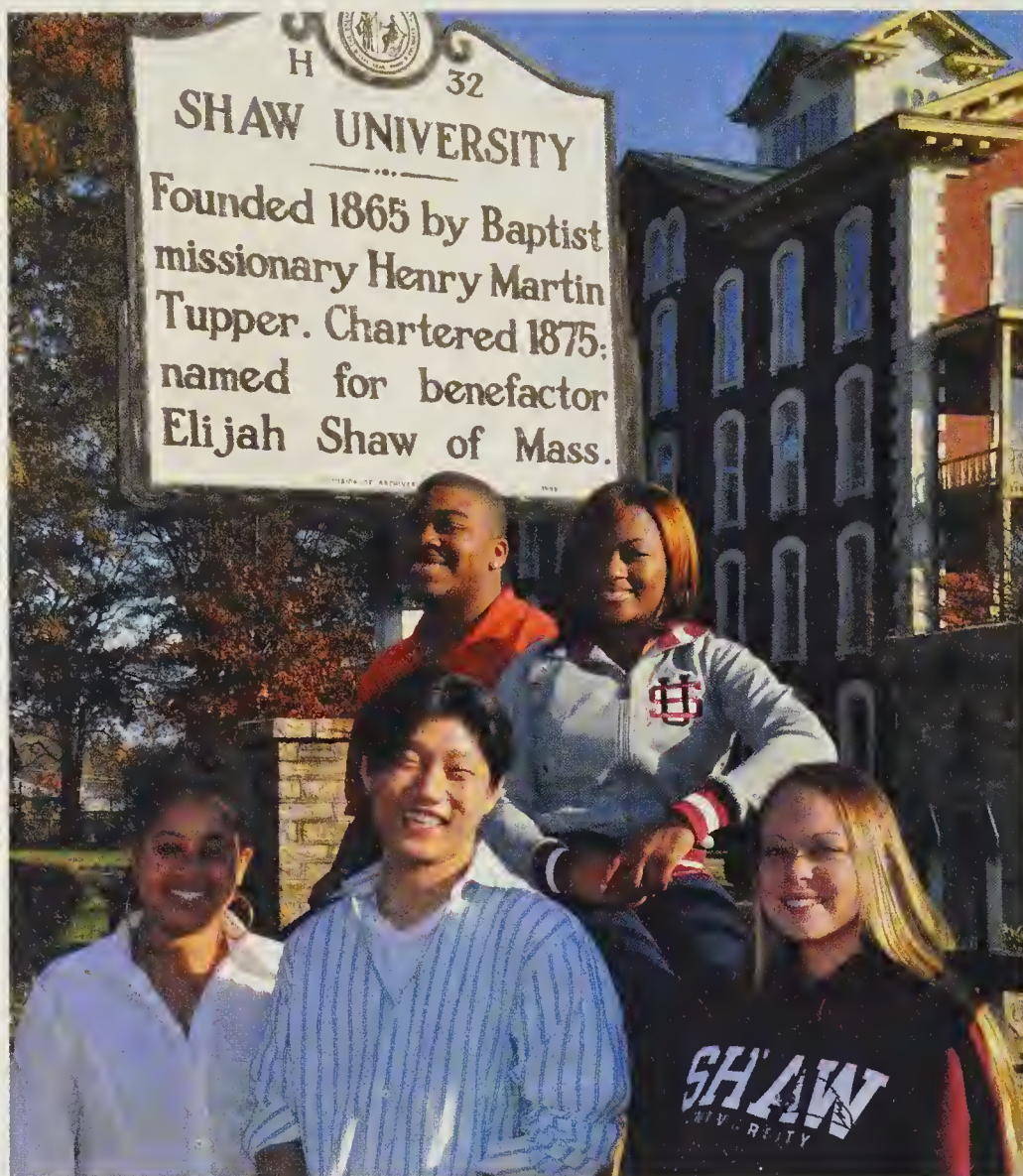
A Today, North Carolina and America are in a race with the rest of the world to develop new green technologies. During my recent economic development trip to Asia, I saw that China has already taken big steps toward building a green economy.

We are making progress here in North Carolina. Two years ago I started the Green Business Fund and we've already awarded 27 grants worth \$2 million to support green innovation at small businesses across the state. And the NC Employment Security Commission was recently awarded \$1 million in recovery funds to survey the green jobs available in North Carolina and study what skills those jobs require.

But we must do more. In November we held the first meeting of a reenergized Energy Policy Council. That council must do some big thinking on what it will take to develop North Carolina's green economy. 

A GUIDE TO NORTH CAROLINA'S HISTORICALLY BLACK COLLEGES AND UNIVERSITIES

Compiled by Elizabeth Witherspoon



Often denied even basic literacy as African-American slaves, newly emancipated men and women after the Civil War more than ever needed education to function and prosper in a free society. The institutions which became North Carolina's 11 historically black colleges and universities (HBCUs) arose to meet that need.

They range from small, private institutions enrolling hundreds to sprawling constituents of the University of North Carolina system enrolling thousands. Today they prepare students of all races for careers in teaching, social work, Christian ministry, business, the sciences, medicine, engineering, computer science and more. Some are private, four-year liberal arts colleges, others are comprehensive universities offering the full range of programming culminating in master's and doctoral degrees.

What they have in common is that each sprang from humble circumstances with a handful of students and a vision to educate and enlighten. Their goal: to offer new possibilities to a new generation of U.S. citizens. Almost all began under the auspices of a church. One was the first publicly chartered HBCU in the South.

BARBER-SCOTIA COLLEGE

*"For Head, Hand and Heart;
Total Student Development"*

A private, co-educational liberal arts college affiliated with the Presbyterian Church (U.S.A.), it was founded in 1867 as Scotia Seminary by the Rev. Luke Dorland, who was commissioned by the church to train Negro women. In the early 1930s it merged with Barber Memorial College of Anniston, Ala., and the name changed to Barber-Scotia College. It has been co-ed since 1954.

Academic Emphasis: Liberal arts. B.A. in Religion (general or pastoral care emphases). Full- and part-time programs with day, evening and weekend classes available.

New or Noteworthy: The institution has recently come through a reorganization and is rebuilding with two new degree programs through the Energy Institute renewable energy curriculum with emphasis on the bio-fuels industry in North Carolina: B.S. in Bio-Energy and B.S. in Business Entrepreneurship.

Tuition: \$14,400

Enrollment: 20

Barber-Scotia College
145 Cabarrus Avenue, West
Concord, N.C. 28025
704-789-2900
www.b-sc.edu

BENNETT COLLEGE FOR WOMEN

"Educate, Celebrate, Oasis"

One of only two all-women HBCU in the nation, Bennett College is a private, 4-year, liberal arts college affiliated with the United Methodist Church located on 55 acres in Greensboro. More than two-thirds of enrollment comes from out of state. Originally co-educational, it was founded in 1873 in the basement of the Warnersville Methodist Episcopal Church (now St. Matthew's Methodist Church).

Within five years, a group of former slaves purchased the land for the present site, and in 1926 it became a college for women.

Academic Emphasis: Liberal arts. Degrees offered in 24 areas in education, social sciences, humanities, natural and behavioral sciences and mathematics. Dual degree programs with North Carolina A&T State University in chemistry/chemical engineering, electrical engineering and mechanical engineering. Collaborative degree program with Howard University in nursing.

New or Noteworthy: The Commission on Colleges of the Southern Association of Colleges and Schools (SACS) reaffirmed accreditation in July 2009 for the next 10 years. \$21 million in new construction, the first in 20 years.

Tuition: \$21,126

Enrollment: 689

Bennett College for Women

900 East Washington St.
Greensboro, N.C. 27401
336-517-2100
www.bennett.edu

ELIZABETH CITY STATE UNIVERSITY

"Elevate Higher. Emerge Stronger."

Founded in 1891 by an act of the North Carolina General Assembly as a two-year teacher's school, Elizabeth City State became a 4-year teacher's college in 1937. Today it is a public, comprehensive university and constituent institution of the University of North Carolina system offering a full range of degree programs.

Academic Emphasis: 37 baccalaureate degrees, four master's degrees in four schools (arts and humanities; business and economics; education and psychology; and mathematics, science and technology) and one doctoral degree. The Aviation Science Program educates and trains students for careers and opportunities in aviation and space science. The UNC-Chapel Hill/ECSU Pharmacy Partnership Program prepares students for a career as a practicing pharmacist or a pharmaceutical scientist.

New or Noteworthy: This year, ECSU is ranked second among Top Public Baccalaureate Colleges in the South and 11th among the nation's Historically Black

Colleges and Universities by U.S. News and World Report magazine's "America's Best Colleges."

Tuition: \$9,323 (in-state)
\$18,372 (out-of-state)

Enrollment: 3,264

Elizabeth City State University

1704 Weeksville Rd.
Elizabeth City, NC 27909
252-335-3400
www.ecsu.edu

FAYETTEVILLE STATE UNIVERSITY

"Deeds Not Words"

Founded in 1867 by seven black men who paid \$136 for two lots on Gillespie Street and eventually built the Howard School, Fayetteville State University today is a constituent of the University of North Carolina system. It has evolved over the years from a teacher's college to a public, comprehensive, regional institution with a diverse enrollment and offering a full range of degree programs.

Academic Emphasis: 43 baccalaureate, 23 master's and one doctoral degree programs in arts and sciences, business, economics and education. Some of the newest programs include biotechnology, communications, fine arts, forensic science and information management. The MBA with a healthcare management focus is a joint program between FSU and Cape Fear Valley Health System.

New or Noteworthy: \$45.5 million in campus construction and renovation is underway to accommodate additional students. Beginning in fall 2009, students can transfer lower-division credits from the North Carolina Community College System and complete remaining upper-division credits for the general business administration degree entirely online.

Tuition: \$9,254.52 (in-state)
\$19,598.16 (out-of-state)

Enrollment: 6,301

Fayetteville State University

1200 Murchison Rd.
Fayetteville, NC 28301
910-672-1111
www.uncfsu.edu

JOHNSON C. SMITH UNIVERSITY

*"Surround Yourself
with Success at JCSU"*

Founded in 1867 as the Biddle Memorial Institute by the Presbyterian Church (U.S.A.), with which it is still affiliated, Johnson C. Smith University underwent the change to its current name in 1923 with donations and an endowment by Smith's widow. It was originally founded to prepare men for the Presbyterian ministry; it became co-ed in 1942. Today it is a private, 4-year, liberal arts school.

Academic Emphasis: Liberal arts, with programs in education and business. Bachelor's degrees offered in 27 areas, including education, business administration, economics, social work and health and human performance (physical education teachers, school health, sports management and community health).

New or Noteworthy: The school focuses heavily on service learning. The new Metropolitan College offers flexibility and evening classes in a variety of disciplines and full completion of a criminology degree. JCSU has co-operative learning or internship relationships with more than 90 companies.

Tuition: \$22,340

Enrollment: 1,500

Johnson C. Smith University

100 Beatties Ford Rd.
Charlotte, NC 28216
704-378-1000
www.jcsu.edu

LIVINGSTONE COLLEGE

"The Total Learning Environment"

Founded in 1879 as Zion Wesley Institute by a group of African Methodist Episcopal Zion ministers to train new ministers in Concord, N.C., the college closed after three years and reopened in Salisbury in 1882 with one building on 40 acres of land. Today, it is a private, 4-year liberal arts school still affiliated with the A.M.E. Zion church offering degrees in business, education, math and science.

Academic Emphasis: Liberal arts, with baccalaureate degrees in business, education and social work.



New or Noteworthy: The new Holistic College is a comprehensive academic and social program being integrated into the curriculum to change student behavior and improve student learning outcomes. It focuses on 10 areas, ranging from academics, such as technology and Spanish as a second language, to personal health and fitness, debt management and personal responsibility, to encouragement of public service and political action.

Tuition: \$21,200

Enrollment: 1,082

Livingstone College
701 West Monroe St.
Salisbury, NC 28144
800-835-3435
www.livingstone.edu

NORTH CAROLINA A&T STATE UNIVERSITY

"High Research Activity"

North Carolina A&T began in 1891 by act of the North Carolina General Assembly as an agricultural and mechanical school to separately serve black students and spent its first three years as an annex of Shaw University in Raleigh. A group of Greensboro citizens donated 14 acres and raised \$11,000 to locate it at its permanent home. Today, it is a public, land-grant constituent institution of the University of North Carolina system located on 200 acres in Greensboro offering baccalaureate, master's and doctoral degrees.

Academic Emphasis: Engineering, science and technology, with programs also in business, education and liberal arts. 117 baccalaureate and 58 master's degree programs. One of North Carolina's three engineering schools, it offers the Ph.D. in mechanical, electrical and industrial engineering; energy and environmental systems; and leadership studies. It has the

Carnegie Classification of a "high research activity" institution.

New or Noteworthy: A&T is the first HBCU to receive the prestigious Engineering Research Center grant awarded by the National Science Foundation for biomedical engineering and nano-bio applications research. It totals \$18 million over five years with a 10-year life span. In 2007, A&T entered into a collaborative partnership with the University of North Carolina at Greensboro to establish Gateway University Research Park that will house academic research, corporate and community service agencies in life and physical sciences, engineering, technology and other applied science areas, as well as the Joint School of Nanoscience and Nanoengineering offering master's and doctoral degrees in nanoscience.

Tuition: \$9,425 (in-state)
\$18,867 (out-of-state)

Enrollment: 10,554

North Carolina A&T State University
1601 E. Market St.
Greensboro, NC 27411
336-334-7500
www.ncat.edu

NORTH CAROLINA CENTRAL UNIVERSITY

"Truth and Service"

Founded in 1910 by Dr. James E. Shepard as the National Religious Training School and Chautauqua, the North Carolina General Assembly appropriated funds for its purchase and maintenance in 1923. Originally an institution for liberal arts and preparation of teachers and principals of secondary schools, today North Carolina Central University is a constituent of the University of North Carolina system offering a range of degree

programs, a School of Law and School of Library Science.

Academic Emphasis: Bachelor's degrees in more than 100 fields of study and graduate degrees in approximately 40 disciplines, including pre-med, pre-dentistry, pharmaceutical sciences and nursing. A biotechnology research institute collaborates with pharmacy and biotech companies in the Research Triangle Park area. The Law School offers the Juris Doctorate degree, the Business School offers the MBA, and a number of joint graduate degrees are available in business and law, law and library science and business and information systems. NCCU is the first among the state's public universities to require community service for graduation and one of only 10 programs in the country requiring a set number of volunteer community service hours for graduation.

New or Noteworthy: Its Marching Sound Machine band was recently selected to participate in the 2011 Tournament of Roses Parade in Pasadena, Ca. The National Jurist Magazine ranks NCCU's Law School the "Best Value Law School" in the nation. A 65,000-square-foot, \$25 million nursing facility is scheduled for construction that will enable doubling of nursing enrollment from 125 to 250 students.

Tuition: \$6,567 (in-state)
\$16,311 (out-of-state)

Enrollment: 8,501

North Carolina Central University
1801 Fayetteville St.
Durham, NC 27707
919-530-6100
www.nccu.edu

ST. AUGUSTINE'S COLLEGE

"Transform, Excel, Lead"

Affectionately known as "St. Aug's," the college opened its doors in the heart of Raleigh in 1867 under the auspices of the Episcopal Church, with whom it remains affiliated today. It is a private, 4-year, liberal arts college with about half of its enrollment coming from out of state. It was the first HBCU in the nation to have its own on-campus commercial radio and television stations.

Academic Emphasis: Liberal arts, with additional bachelor's degree programs in business, computer science, teacher

education sports management, communication, Christian ministry, biology, mathematics, engineering (including a dual degree program with North Carolina State University), and criminal justice. Students in the Center for Real Estate Management and Development can fulfill educational requirements for the North Carolina broker's pre-licensing course and the Accredited Residential Manager certification awarded by Institute of Real Estate Management of the National Association of Realtors.

New or Noteworthy: The track and field program, under the leadership of coach George Williams, has produced 33 Olympians, including three gold medalists. The track and field teams have won more than 30 NCAA championships and more than 150 CIAA championships. Williams was head coach for the men's 2004 Olympic track team.

Tuition: \$22,608

Enrollment: 1,535

St. Augustine's College
1315 Oakwood Avenue
Raleigh NC 27610-2298
919-516-4000
www.st-aug.edu

SHAW UNIVERSITY

*"Strides to Excellence:
Only the Best!"*

Founded in 1865, Shaw was the first HBCU in the South. It is referred to as "the mother of" HBCUs in North Carolina because its graduates founded North Carolina Central, Elizabeth City State and Fayetteville State universities. The founder of Livingstone College spent his first two college years at Shaw, and what is now North Carolina A&T State University was located on Shaw's campus during its first year of existence. It has been co-ed since 1873. Today it is a private, liberal arts institution affiliated with the Baptist Church that grants both baccalaureate and master's degrees and has a divinity program.

Academic Emphasis: Liberal arts, with undergraduate programs in business and public administration, education, military science, allied health and computer science. The Divinity School offers the Master of Divinity and Master of Arts in Religious Education degrees. Shaw also offers the M.S. degree in curriculum and

instruction with a concentration in early childhood education.

New or Noteworthy: The Center for Alternative Programs in Education (CAPE) allows students in nine cities across the state to pursue an academic degree through flexible course scheduling, independent study and credit for prior learning experiences. CAPE sites are: Ahoskie, Asheville, Durham, Fayetteville, High Point, Kannapolis, Raleigh, Rocky Mount/Wilson and Wilmington.

Tuition: \$18,896

Enrollment: 2,440

Shaw University
18 East South St.
Raleigh N.C. 27601
919-546-8200
www.shawu.edu

WINSTON-SALEM STATE UNIVERSITY

"Enter to Learn, Depart to Serve."

Founded in 1892 as Slater Industrial Academy in a one-room school with 25 students, today it is a public, co-educational constituent institution of the University of North Carolina system spread across 110 acres in the heart of Winston-Salem. In 1925 the North Carolina General Assembly changed its name to Winston-Salem Teachers College. It became the nation's first HBCU to grant degrees in elementary education. The Nursing School was established in 1953 and today it is the

only program in a North Carolina HBCU granting the nurse practitioner degree.

Academic Emphasis: 47 baccalaureate programs in health sciences, business and economics, education, and the arts and sciences; 10 master's degrees in computer science, business, education, nursing, allied health and healthcare administration. Students can complete an MBA entirely through evening classes. The Center for Mathematics, Science, and Technology Education, established in 2003, focuses on strengthening the quality and increasing the number of teachers in mathematics and science education.

New or Noteworthy: WSSU offers several unique degree programs, including one in music business to prepare students for the business side of the music recording industry. It offers the nation's first B.S. degree in motorsport management with emphases in either motorsport operations or motorsport marketing and event planning.

Tuition: \$10,332 (in-state)
\$19,318 (out-of-state)

Enrollment: 6,442

Winston-Salem State University
601 S. Martin Luther King Jr. Dr.
Winston-Salem, NC 27110
336-750-2000
www.wssu.edu

Elizabeth Witherspoon, PhD, is a freelance writer who lives in Durham and works in higher education.

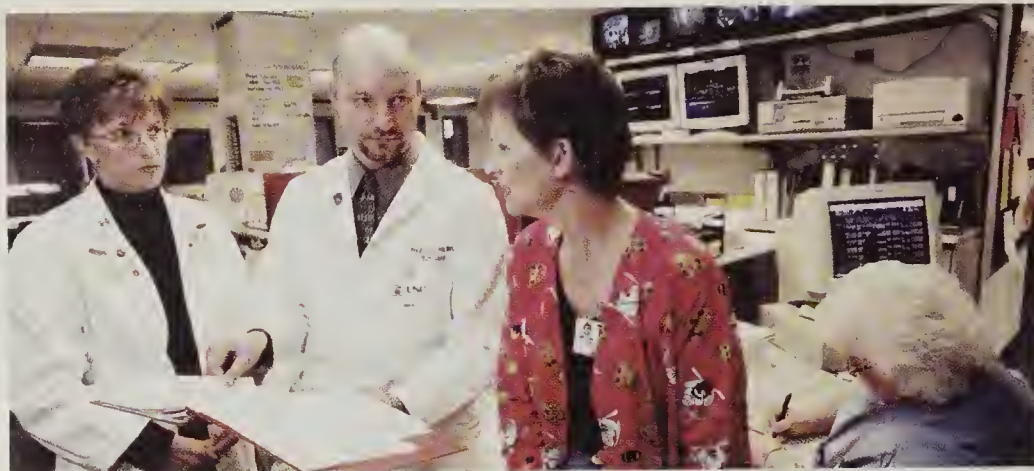
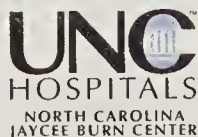


The Touchstone Energy Cooperatives of North Carolina hosted a golf tournament fundraiser in September 2009 that raised over \$101,000 for the North Carolina Jaycee Burn Center's Burn Prevention programs. More than \$700,000 has been given to fire prevention and educational programming from this annual fundraiser over the past ten years.

The program is dedicated to sharing burn management, burn prevention and general information regarding the North Carolina Jaycee Burn Center to lay, paraprofessional and professional groups in North Carolina. Programs are tailored to unique audiences—such as emergency care personnel, fire departments, schools and senior citizens—and delivered free of charge across the state. In addition, the outreach staff works to pass legislative initiatives to promote fire and burn safety and it distributes safety tips statewide. With the support of the electric cooperatives, the burn center is moving forward to expand their facilities and services in order to better serve those in need of expert burn care treatment.

"North Carolina's electric cooperatives, our vendors and partners are very pleased to support the Burn Center in reaching its goals of reducing the number of burns through their expanded burn prevention programs and, when a burn occurs, to provide the best burn care available," said tournament chair Dale Lambert, EVP of Randolph EMC, Asheboro.

Listed here are the major donors to this fundraiser supporting burn prevention. The cooperatives also are grateful to the other businesses and individuals who contributed to the success of the fundraiser.



Thanks to those who care about the North Carolina Jaycee Burn Center

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How to install, operate and maintain a wood-burning appliance

Technological advancements have made woodstoves and other wood-burning appliances safer and more efficient than ever. Unfortunately, wood-burning appliances still pose a danger if common sense safety precautions are ignored. Here's a quick look at key steps you can take to reduce the likelihood of a fire.

Find a professional installer

Few homeowners have the technical "know-how" to properly install a woodstove, fireplace insert or other wood-burning appliance, and fewer still understand all of the pertinent building code requirements in their community. For example, clearances between the wood-burning appliance, the venting system and any combustible materials above, below or beside the appliance are critical. What's more, installation errors in a wood-burning appliance rarely prevent it from "working." This can all too easily leave a homeowner with a false sense of security—until it's too late.

Ask about certified installation services when shopping for a wood-burning appliance, and check credentials. According to the Environmental Protection Agency (EPA), one of the best ways to locate a certified professional is through a certification agency like the National Fireplace Institute (NFI). A list of NFI Certified Woodburning Specialists is available on the organization's Internet site at www.nficertified.org.

Learn how to burn

Before the installer leaves, ask him or her to show you how to use your wood burner. Include all family members in the discussion, if possible, and use this opportunity to set strict rules about



who is permitted to operate the new appliance. Much of what you learn will be specific to the make and model of the wood burning appliance you buy.

Talk to your local fire department. They may be able to offer additional information about burning wood safely as well as local ordinances that affect when you can use your wood burner.


These other safety tips are more general in nature, but are every bit as important:

- Keep a properly maintained fire extinguisher nearby at all times.
- Move combustible items as far away from the wood burner as possible.
- Use only clean paper, newsprint and dry kindling to start a fire. Never use an accelerant like gasoline, kerosene or lighter fluid.
- Burn seasoned wood only. Wet or green logs may cause a combustible residue to build up inside your chimney.
- Never burn trash or garbage in your wood burner.
- Close the door of your wood-burning appliance as soon as it's lit and immediately after loading new logs.

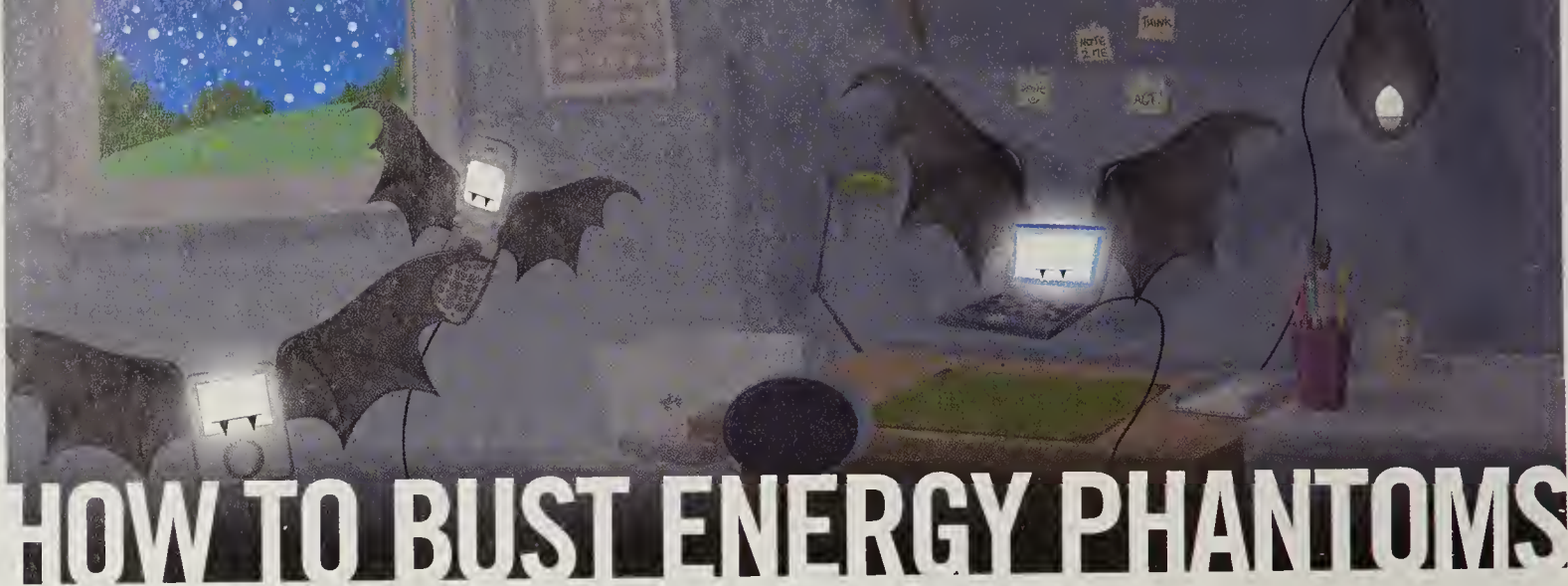
Maintenance and inspections

Make sure you read and follow the maintenance guidelines provided with your wood-burning appliance. Many manufacturers recommend an annual inspection, and your installer can often perform this service or recommend an inspector. Remove ashes regularly, and have your chimney inspected and cleaned each year by a certified chimney sweep. The Chimney Safety Institute of America offers a searchable list of certified chimney sweeps online at www.csia.org.

Install smoke and carbon monoxide detectors

If you haven't already done so, now is a great time to install smoke and carbon monoxide detectors throughout your home. These devices can potentially warn you about a fire or wood burner malfunction, and may save your life. Talk to your local fire department about the best locations for each device, and make sure you test them regularly. 

Source: Home Improvement News and Information Center in Oakdale, Pa.



HOW TO BUST ENERGY PHANTOMS

Like parasites, energy phantoms exist within devices that consume electricity when turned “off.” These electronic devices provide the modern-day conveniences we love, but they also waste energy and cost money.

Vampire loads can be found in almost every room of a home, though a favorite spot is the entertainment center. When the television is turned off, it isn’t really off. It’s sitting there, waiting for someone to press the “on” button of the remote—and the waiting uses energy. TVs also use energy to remember channel line-ups, language preferences, and the time. VCRs, DVD players, DVRs, and cable or satellite boxes also use energy when turned off.

The problem is significant. According to a study by the Lawrence Berkeley National Laboratory, the average home loses 8 percent of its monthly energy consumption to these energy phantoms. A full 75 percent of the power used to run most home electronics is consumed when those appliances are turned off, according to the U.S. Department of Energy.

Phantom power users include:

- TVs
- Stereos
- VCRs, DVD players, and DVRs
- Cable/satellite boxes
- Computers
- Battery chargers

According to the Arlington, Va.-based National Rural Electric Cooperative Association, the average electric co-op residential member consumes roughly 13,900 kilowatt-hours (kwh) per year. If 8 percent of this power is consumed when electronics

Typical Power Consumption of Household Items in Watts (Courtesy E Source)

| DEVICE | ON | STANDBY MODE | OFF |
|----------------------------|---------|--------------|------|
| 40-inch LCD TV | 200 | — | 1–3 |
| 42-inch Plasma TV | 240–320 | — | 1–30 |
| DVD player | 13 | 10 | 2.3 |
| Stereo | 123 | — | 23.4 |
| Xbox 360 | 173 | 168 | 2.2 |
| Nintendo Wii | 17 | 10 | 1 |
| Power tool battery charger | 33.7 | 4.2 | — |
| Coffee maker | 1,100 | 70 | 0.8 |

are turned off, the average home wastes 1,112 kwh annually. Assuming a cost of 10 cents per kwh, the average household spends \$111 per year to pay for these vampire loads.

The good news: To eliminate the power consumption of an energy phantom, you can simply unplug the device or plug it into a power strip and use the power strip’s switch to eliminate electricity to everything plugged into it. Power strips work like an extension of the wall outlet, and they cut all power to plugs completely when they are switched off.

Of course, some devices use standby power to make life more convenient. If you unplug your television or cable/satellite receiver box, what happens? When plugged back in, the TV or set top box usually will have to run its initial setup program. Depending on the particular device, it could take up to 20 minutes for channels to be recognized or for the user to reset preferences, which isn’t something most are willing to do every day.

But there are numerous devices in the home that can be unplugged easily

and safely, or plugged into a power strip without causing any inconvenience. Computer equipment, such as printers, scanners, desktop computers and broadband modems can be “unplugged” without harm. Cell phone, tool and other battery chargers also can be unplugged when not in use.

A relatively new device called the “smart” strip allows you to plug devices into a specially marked section of the power strip so they will still have power when turned off. Other devices that can be turned off safely are plugged into the rest of the strip. This allows you to turn off parts of a home entertainment system, such as the stereo or DVD player, without losing the ability to record programs to a DVR or having to re-program the television every time you want to watch a show.

For devices that cannot be turned off, consumers should look for Energy Star-certified devices or ask a salesperson about a device’s standby power consumption. Ⓢ

Source: The Cooperative Research Network, a research arm of the National Rural Electric Cooperative Association.



The Bostick Schoolhouse in Richmond County

By Kay Fetner
Photography by Ashley Fetner



In 1880, Daniel McRae and his wife, Amanda Bostick McRae, gave two acres of land to the Bostick School Committee for building a schoolhouse. It is the oldest school building in Richmond County and the only remaining one-room school in the county. Bostick School served grades 1–7 until 1922 when they consolidated with Ellerbe School.

After they recited the Pledge of Allegiance to the flag and sang “school songs,” the teacher here would lead the students in lessons for the day. During

the summers and weekends the school building served as a community gathering place for box suppers, concerts, political and social events.

After it closed the building was used for storing peaches, tobacco and farm tools.

In 1992, the Richmond County Historical Society leased the building and began the restoration that was completed by custom builder Woodford Sherrill and his wife, Lillian in 1998. While researching the materials to be used, they found windows from the old Mineral Springs School,

and wood from the old Gaston Green House and the Hamlet Ice House. The restoration was a slow process, because electricity was unavailable for power tools and old paint on the replacement boards had to be cleaned before the boards were usable. The beautiful tongue and groove ceiling took five weeks to install. In 2005, the Bostick School was placed on the National Register of Historical Places.

Reminders of life in a one-room school are all around inside: the water bucket with a gourd dipper, a wash pan with homemade soap, photographs of former students and teachers, even a dunce stool.

The schoolhouse is located on Clayton Carriker Road in Ellerbe. For group tours contact Lillian Sherrill, chairman of the Bostick School Restoration, at (919) 652-5821. ☎

Kay and Ashley Fetner are members of Randolph EMC. Ashley is a fine art photographer and an instructor at Randolph Community College. www.ashleyfetnerportraits.com



The purple martins are coming!

"America's most wanted" bird begins arriving in February. Do you want to be a landlord?

In the birding world, few species generate more excitement than does the purple martin, a swallow that begins arriving in North Carolina late this month.

Purple martins, the largest of the swallows in North America, are totally dependent on housing made by humans, often a rack of nesting gourds or multi-compartment bird house. The birds faithfully return to the same locations each year from wintering grounds in South America. First-year martins lag behind their elders and begin looking for housing in North Carolina into March.

"There's nothing that says 'spring' around our place more than the lively chattering of the martins coming home," says Alisa Esposito, whose family in Tyrrell County tends a colony of three gourd racks and two pole houses for 106 nesting pairs of martins. She also chairs the Coastal Carolina Purple Martin Society that conducts educational programs about martins and one of the largest roosts in North America at a Dare County bridge, where some 100,000 of them congregate in summer after breeding season.

North Carolina has a long tradition of hosting purple martins. Many people today had a grandpa or an uncle who hung large natural gourds from a single line for martins to nest in.

But like much of our modern world, purple martin hosting has undergone a transformation, with innovations based on research conducted by the Purple Martin Conservation Association (PMCA). Today there are specific standards for housing and newer ways to attract and care for these birds.

If you want to become a purple martin "landlord," be prepared to take the hobby seriously and place your housing up in time for early-arriving scouts. The PMCA recommends that landlords conduct weekly nest checks and keep detailed records.

Here are some tips for establishing a colony of your own:

- Place housing in an open area 30 to 100 feet from obstructions. This not only helps martins find and approach their housing, it allows martins to watch for ambush attacks by hawks. But keep houses no more than about 100 feet from a human house or activity, because the birds love humans.
- Offer a variety of housing types, such as a combination of a house and a few gourds. Male martins seek out and claim new breeding sites but must then convince a female to stay—with the latter seeming to prefer a choice of nesting accommodations.

- Make use of special entrances to restrict starlings, an invasive species that can kill adult martins and disrupt nests. The mostly widely used "Starling Resistant Entrance Hole" is a crescent hole precisely sized at 1½" high by 3" wide, and placed no higher than ½ inch above any perch.

- Use deep nesting accommodations, about 10 to 12 inches deep, to protect baby birds from the long reach of owls. Large plastic or natural gourds can work if you use a rack that can be easily lowered to inspect the nests.

- Add a predator guard on poles to protect nestlings from raccoons and black rat snakes. You also can add a big wad of bird netting above metal pole guards as a backup "trap" should a snake get that far.

Information sheets about "How to Attract" and "How to Manage" purple martins are available on the PMCA's website, www.purplemartin.org. The site also has a link to request a housing catalog containing information about caring for a colony, and data sheets to participate in "Project MartinWatch," a national effort in which participants monitor nests and mail information to the PMCA at season's end. You also can contact the PMCA by phone at (814) 833-7656. ⓘ

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Valdese AMOCO Service Station

Before convenience stores there were service stations

By Virginia Carswell Parrish

Meet Herb. Herb runs Valdese Amoco Service Station in the 1950s. "Runs" means he owns it, operates it and works 12 to 14 hours, six days a week, waiting on people. Yes, he provides service for customers. Most of Herb's customers buy gas for their cars or trucks. Sometimes they need tires and oil changed, filters replaced, and their car washed and waxed. Herb does it all.

Herb's service station looks like a white cement box with a two-car garage attached. The front of the building has two plate glass windows and a center door. The garage section is not for parking and working on cars, nor is it even called a garage. It is referred to as "the bays."

In front of the station are two gas pumps attached to a cement platform. Hidden underground are two tanks which hold 500 gallons of fuel each. The gas company, Amoco, which supplies the service station with fuel, sells two types of gas—regular and "white gas." Most of Herb's customers use "white gas." With the proper adjustment of the engine's timing, "white gas" is supposed to give an automobile greater power.

The Valdese Amoco Service Station is on the outskirts of the town of Valdese, Burke County. It is on a two-lane road that brings most of the workers from the South Mountains into Valdese to work in the bakery, hosiery mills and furniture factories. Traffic in front of Herb's store is made up of local people who live within a 10- to 15-mile radius. They are people Herb knows by first name and family.

The first thing you see when you pull into the station is a man sitting on a bench outside. On any given summer day, Pop Teague is sitting on the bench watching the world go by. When Herb has to run an errand such as pick up a car at one of the factories to bring it back for

Photos: [1] Herb goes out to the car, greets the driver, pumps the gas, cleans the windshield and back window, checks the oil and water, and the tires if asked. [2] In the winter the regulars sit around a black potbelly stove smoking cigarettes, visiting and embellishing their stories. [3] Herb sponsored No. 35 for local races.

[1]

[2]

[3]

an oil change or detailing, Pop Teague minds the store.

Most any time of the day, trucks and cars are parked on both sides of Valdese Amoco. The owners of the parked vehicles are in the service station sitting around talking. In the winter they sit around a black potbelly stove smoking cigarettes, visiting and embellishing their stories. The men—wearing work pants and shirts, overalls, felt hats or caps, and work shoes—answer to names like Pop, Potleg, Obie, Fat Farr, Doc Ollis, K.O, or Tot. Occasionally one of the men gets up and saunters out the back door to the bathroom out back or to take a drink out of the communal jar. The plain half-gallon jug filled with local brew is in a “poke” (paper sack) in an old tire behind the store. Not everyone is privy to this information.

Most of the regulars have a jar of peach brandy or “white lightning” at home or in their trucks, and one or two even supply a jar from time to time. More than one of the regulars has spent time in prison for making liquor.

The chief of police and a few local officials drop by from time to time and meander out back. Making and selling illegal alcohol is against the law. Everyone knows that. But the law of the land at this time in a close-knit service station community is simply live and let live.

Some women and children are at Herb’s Service Station, too. Herb’s wife, daughter and son might be behind the counter, out front pumping gas or letting Herb go to the house for a meal. When a woman or child is present, the tone of the regulars is respectful. Children are treated with great tolerance. When a child can’t come up with enough money to buy candy, Herb or one of the men finds extra money in his pocket.

A lot of “business” is handled here. A customer drives by, sees someone’s truck or car parked beside the station and comes in to conduct business. Several of the regulars are carpenters and one is a plumber, another a shade

tree mechanic. If the regulars can’t do your job, they tell you who can.

Doctors, lawyers, bankers and ministers stop by Herb’s to get their cars filled up with “white gas” and catch up on the news. Whether it’s something personal or professional, being respectful is expected. But no one has heard of being “politically correct.”

When a car drives up to the gas pumps it runs over a hose that rings a bell inside. Herb gets up, usually from a tire he is sitting in, goes out to the car, greets the driver, pumps the gas, cleans the windshield and back window, checks the oil and water, and the tires if asked. Gas sells for 20 cents a

A customer drives by, sees someone's truck or car parked beside the station and comes in to conduct business.

gallon. The service is free.

If Herb is busy working under a car on the grease rack, one of the regulars or another customer will go out to help the person at the gas tanks. The customer pays for the gas. The regular takes the money, opens the cash register, deposits the money or makes change out of the drawer.

Over the years, Herb’s Service Station adds milk, bread, snacks, cigarettes and “fast foods” to become more than just a gas station. When you enter the service station, there’s a drink box to the right, stocked daily with Pepsi, RC Cola, orange soda. On the left end of the drink box there are bottles of white and chocolate milk. On the bread rack in front of the back counter there are stacks of bread, small cakes and cookies. The bread man comes every day bringing fresh bread baked at the bakery a few blocks away.

Behind the back counter, shelves contain the fast foods of the day: cans of Vienna sausages, potted meat, sardines, pork and beans, soda crackers. When anyone gets hungry he gets a can off the shelf, opens it with the can opener attached to the wall, adds vinegar from the jar left on the counter,

sits on a stool behind the counter and helps himself to the “sodie” crackers. Most days Herb or someone opens a loaf of bread, leaves it on the back counter and anyone who wants to make a sandwich helps himself and pays for it.

A lot of Tom’s peanuts are sold and added to a “dope” (soft drink in a bottle), usually a Pepsi or RC Cola. At the checkout counter there is a big jar of hot sausages. Men buy these. Everyone buys Moon Pies.

Once in a while someone will ask Herb for credit until payday. Herb lets that person run a tab to buy gas, tires, even bread and milk. Payday rolls around and the first person who sees the customer’s check is Herb.

If someone has a flat tire they call Herb. Herb goes to where the person with the flat tire is stranded, puts on the spare tire or brings the tire back to the station to

repair, and then takes it back to put on the car. On snowy, icy roads someone runs into a ditch and calls Herb. Herb cranks up his tractor and goes out in the bad weather to help. At closing time Herb gives a ride home to whoever needs it. And occasionally Herb gets a call from the sheriff to come get someone out of jail.

Whether by necessity or by choice, families around here in the 1950s stayed together. We ate at home, traveled locally, pretty much lived, worked and died within a 25-mile radius of our home. We traded with local merchants, bought our gas and had our car serviced at a neighborhood service station.

We could use more 1950 service stations in neighborhoods today—a safe haven where service is more important to the customer than speed. The hard part would be finding someone like Herb to run it. 🍪

Virginia Carswell Parrish, daughter of Herb Carswell who owned Valdese Amoco Service Station from the 1950s to the early 1980s, lives in Valdese. She and her brother, Gary Carswell, own the family farm in George Hildebrand and are members of Rutherford EMC. The Valdese Amoco station is now the Small Engine Performance Center.

I Remember...



The Green Worm

Many of our senior citizens in Alamance County who worked the local mills on any of the three shifts may have ridden this bus to work. Russell Julius Richardson owned and operated this so-called "taxi service," also nicknamed by many "The Green Worm." Back in those days most citizens did not own a car and many women did not have a driving license. This was a much needed service in Alamance County. Russell also transported school field trips to the State Fair and the mountains. Local baseball teams also rode to their ball games on his bus.

Pictured on the rocking horse is his daughter Suzy Richardson. This is in Eli Whitney, Alamance County, around 1953 or 1954.

Rhonda Johnson, Graham

A fish tale

As kids we moved to the city. Uncertain we would like city life, we ambled downtown. As rag-tag kids with no money, we went in and out of every store and were told to look all we wanted, but just look.

At the Western Auto, a jangle overhead announced our presence. We walked down what seemed like unoccupied aisles where the pine floors creaked beneath an incandescent glow. The whole place smelled rich. When we came to the fishing equipment, the hooks and sinkers displayed in their small compartments gleamed like new coins.

"May I help you?" said an elderly male clerk dressed in a red sweater.

"We're just looking."

"Like to fish do you?" he asked. "Caught any lately?"

"A big gold fish," I replied and spread my arms unbelievably wide.

The clerk chuckled. "Did you eat him?"

"No. It ain't right to eat gold fish."

We turned to leave, but the clerk said, "Wait." He filled a small brown poke with shiny weights, line, hooks and bobbers. And he smiled.

"But we have no money."

"That's all right," he said through his pearly whites. "Just come back and tell me another fish tale sometime."

Franklin McCormick, Yadkinville, EnergyUnited

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Mama's afternoon snacks

When I was a kid, my brother and I would get off the school bus about 4 in the afternoon, and by the time we walked in the back door of our farm house, we were starved. Lunch had been four and a half hours ago. Mama would have a snack ready for us: brownies with pecans from the trees just outside the kitchen door, or parched peanuts from the fields of the family farm. Sometimes in late summer she would fix us tomato sandwiches from the tomatoes just gathered from the garden out back of the house.

When my mother's parents became older and their health began to fail, Mama would travel the 35 miles to their house once a week to help them. Those days meant slim pickings for us at home. But Mama was always home when we got there. If there was nothing to snack on, she and I would get in the kitchen and make those brownies, or a pan of homemade chocolate fudge with lots of chopped pecans, or peanut butter fudge. Sometimes we made our own peanut butter.

Here is the recipe for that peanut butter fudge. My grandmother taught me how to make it while she was sitting in her wheelchair across the kitchen table. I can remember the ingredients to this day and that was many, many years ago.

Peanut Butter Fudge

- 3 cups sugar
- 1 cup evaporated milk (undiluted)
- 1½ cups creamy peanut butter
- 1 teaspoon vanilla

Mix sugar and milk in a saucepan over medium-low heat and bring to a slow boil. Cook until a soft ball stage. (Drop a half teaspoonful into a cup of cold water. When it settles to the bottom of the cup, and you can pick it up in your fingers in a small soft ball, it is ready.)

Stir in 1½ cups creamy peanut butter and 1 teaspoon vanilla while the mixture is still hot. Pour into a well battered 9-by-13-inch dish and cool. Cut into squares and enjoy.

Phyllis Johnson, Colerain, Roanoke Electric



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| | Male | Female | Male | Female | Male | Female | | Male | Female | Male | Female | Male | Female |
| 30 | 9.71 | 9.45 | 11.07 | 10.19 | 16.10 | 14.35 | 50 | 16.98 | 14.88 | 26.16 | 23.98 | 45.41 | 38.85 |
| 31 | 9.71 | 9.45 | 11.29 | 10.19 | 16.10 | 14.35 | 51 | 18.38 | 15.93 | 28.57 | 25.29 | 50.23 | 41.91 |
| 32 | 9.71 | 9.45 | 11.51 | 10.41 | 16.54 | 14.79 | 52 | 19.95 | 17.06 | 31.41 | 26.82 | 55.48 | 44.98 |
| 33 | 9.80 | 9.54 | 11.94 | 10.41 | 16.54 | 14.79 | 53 | 21.88 | 18.46 | 34.91 | 28.57 | 62.04 | 49.35 |
| 34 | 9.80 | 9.54 | 12.16 | 10.41 | 16.54 | 14.79 | 54 | 23.98 | 19.95 | 38.63 | 30.54 | 69.04 | 53.73 |
| 35 | 9.80 | 9.54 | 12.60 | 10.63 | 16.98 | 15.23 | 55 | 26.25 | 21.61 | 42.79 | 32.73 | 76.91 | 58.54 |
| 36 | 9.98 | 9.71 | 12.82 | 10.85 | 17.85 | 15.66 | 56 | 27.91 | 22.66 | 46.51 | 35.13 | 84.35 | 62.48 |
| 37 | 10.15 | 9.89 | 13.04 | 11.29 | 18.73 | 16.54 | 57 | 29.84 | 23.80 | 50.66 | 37.54 | 93.10 | 67.29 |
| 38 | 10.41 | 10.15 | 13.26 | 11.73 | 19.60 | 17.41 | 58 | 32.11 | 25.20 | 55.69 | 40.82 | 103.60 | 72.98 |
| 39 | 10.76 | 10.41 | 13.69 | 12.16 | 20.48 | 18.29 | 59 | 34.56 | 26.78 | 60.94 | 44.32 | 114.54 | 79.10 |
| 40 | 11.03 | 10.68 | 13.91 | 12.60 | 21.79 | 19.16 | 60 | 37.36 | 28.44 | 67.07 | 48.04 | 127.23 | 85.66 |
| 41 | 11.29 | 10.85 | 14.57 | 13.26 | 23.10 | 20.48 | 61 | 40.51 | 31.41 | 74.51 | 53.29 | 140.35 | 96.60 |
| 42 | 11.55 | 11.11 | 15.44 | 14.13 | 24.85 | 22.23 | 62 | 44.01 | 34.83 | 83.04 | 59.19 | 155.23 | 108.85 |
| 43 | 11.90 | 11.38 | 16.54 | 15.01 | 27.04 | 23.98 | 63 | 48.39 | 38.94 | 93.54 | 66.41 | 173.60 | 123.73 |
| 44 | 12.25 | 11.73 | 17.63 | 16.10 | 29.23 | 26.16 | 64 | 52.94 | 43.31 | 104.69 | 74.07 | 192.85 | 139.91 |
| 45 | 12.69 | 12.08 | 18.94 | 17.19 | 31.85 | 28.35 | 65 | 58.10 | 48.30 | 117.16 | 82.60 | 214.73 | 157.85 |
| 46 | 13.30 | 12.51 | 20.04 | 18.29 | 34.04 | 30.10 | 66 | 64.05 | 50.75 | 129.19 | 88.73 | 240.54 | 170.10 |
| 47 | 14.09 | 12.95 | 21.35 | 19.38 | 36.23 | 31.85 | 67 | 70.79 | 53.55 | 142.54 | 95.51 | 269.85 | 183.66 |
| 48 | 14.96 | 13.56 | 22.66 | 20.69 | 38.85 | 34.04 | 68 | 79.10 | 57.05 | 159.38 | 104.04 | 306.16 | 200.73 |
| 49 | 15.93 | 14.18 | 24.41 | 22.23 | 41.91 | 36.23 | 69 | 87.85 | 60.73 | 176.88 | 112.79 | 344.23 | 218.23 |

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How Sis grew up

I remember growing up with four older brothers the first six years of my life. Naturally my name was "Sis." What else would you expect?

When it came time to start school, they asked my name and I told them, "Sis Hill." I had heard the "Hill" somewhere along the line.

The teacher sent a note that I took to my mother that evening. I didn't know why they didn't believe that was my name!

Mother sent a note with me the next day telling them that my name was Mary Elizabeth Greenhill.

I didn't have the money to eat in the lunch room. For a while I could take a quart of blackberries, tomatoes or apples and get to eat twice. Later I had to carry my lunch: old ham biscuits and fried apple pies.

I survived and finished 12 years of school, then met the man of my dreams. I didn't have money for a wedding, and neither did he. So we went to the funeral home where my pastor worked. He tied the knot, and it lasted 47 years until the Lord took my husband home where he will never want for anything.

Mary Matthews, Hickory,
Rutherford EMC

YOU KNOW YOU'RE FROM
Carolina country if...

*...your dogs tend to
 push you out of the bed
 in the middle of the night.*

From William Probst



**From George Smith, Garner,
 formerly of Bladen County**

- ... You heard someone say, "She had a flourdy dress."
- ... You've known someone who acted "big-a-dy."
- ... You wouldn't let the cow eat "juicy moke" weeds because it made the milk taste bad.
- ... You've cropped tobacco and it was carried to the tobacco barn by a mule pulling a drag.
- ... Your biscuits were made from scratch using home-rendered lard in a dug-out bread tray.
- ... You bought fish from the "fish man" off the back of a pickup truck that came by once a week.
- ... You stored ice in a "bee gum" buried in the yard with sawdust packed around it to keep the ice from melting.
- ... You had to be careful where you stepped because the chickens roamed free in the yard.
- ... You put fresh milk in the pie safe and left it overnight so that it would clabber and could be eaten for breakfast.
- ... You flew kites made from reeds and newspaper on a tobacco twine string.

From Louis Acker, Ashe County

- ... Your Daddy doesn't get along with your fifth grade teacher because his granddaddy told him that her granddaddy was a skalawag.
- ... "Wearing the purple" means you've been picking blackberries; "eating like kings" means you had them on cornflakes for supper.
- ... You carried two cane poles, a bait bucket, a tackle box and a string of fish a mile through the piney woods at night without a flashlight to get to your car, because they were still bitin' when it got dark.
- ... Your Yankee cousins say they know they're in the South because your home smells like wood smoke.

From Ginger Wallace, Mt. Airy

- ... You made coffee for your playhouse by soaking acorns in water until the water turned black.
- ... You played "Ain't No Bears Out Tonight."
- ... Your trusty steed was a tobacco stick and you rode him far and wide.
- ... You bolted your breakfast so you could make mud pies in your playhouse all day.
- ... For somebody's birthday you made a mud cake with sticks for candles.
- ... Your swimming pool was a big mud hole.

From William Probst

- ... Someone writes "wash me" on your winder, and they had to use a stick to get through the mud.
- ... You spit baccer juice on your fishing worm because it works.
- ... Your bucket catches rain water so you can take a shower, then runs down the trough to water your plants.
- ... Your friends call you a holy-rolling Bible thumper because it's a good thing.
- ... Everybody you know has named their children after someone in the Bible.
- ... You eat a samich and drink tea and didn't wash the grease from your hands after working on the truck.
- ... You use your truck to drive, fish, hunt, mudsling, rock climb, go out to dinner, go to church and you never have to wash it.
- ... You use these words on a daily basis: mayonnaise, ketsup, bolt (boat), boat (bolt), whichadija, and cheer (chair).
- ... You pick your teef with a knife after you eat at the family barbecue.

From Ashley in Oakboro

- ... You live in between roads called Country Rd. and Booger Holler.
- ... You've used an old bathtub as a sled.
- ... You have a pet peacock named Purdy, 'cause she is.
- ... You have two or three guns loaded and ready by the door for varmints that wander through the yard or for pesky salespeople who wander up.
- ... When you tell city folk you're cooking crappie, they look at you weird.
- ... Your husband stacks petrified wood beside the seasoned wood for the wood stove.

From Jennifer Swanson, Stanfield

- ... Wild turkeys come from the woods and chase your students around the playground at Millingport Elementary School, and the students climb up on the playground equipment to get away from the turkeys.

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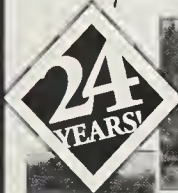
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Getting To Know...



Jim Valvano

Born: March 10, 1946

Known for: Passionate, tenacious college basketball coach

Accomplishments: Jim Valvano was a point guard at Rutgers University in 1967. There he partnered with first-team All-American Bob Lloyd in the backcourt, and under their leadership Rutgers finished third in the 1967 National Invitation Tournament. Jim was named Senior Athlete of the Year at Rutgers and graduated with an English degree. His 19-year career as a head basketball coach resulted in 346 wins, 212 losses. At NC State, Valvano's teams were the ACC Tournament Champions in 1983 and 1987 and the ACC regular season champions in 1985 and 1989. The Wolfpack won the NCAA Men's Basketball Championship in 1983 (against high odds), in addition to advancing to the NCAA Elite 8 in 1985 and 1986. Valvano was twice voted ACC coach of the year. After his coaching career ended, he worked as a broadcaster for ESPN and ABC. Valvano was diagnosed with cancer in 1992 and courageously fought the disease for a year. Less than two months

before he died, he announced the creation of The V Foundation, a charity in Cary that helps find a cure for cancer through advocacy, education, fundraising and philanthropy. Valvano, himself a middle child, was married for 25 years to his high school sweetheart, Pamela Levine. They had three daughters. Valvano's gravestone can be found in the Oakwood cemetery in Raleigh. It reads "Take time every day to laugh, to think, to cry."

Quote: "Be a dreamer. If you don't know how to dream, you're dead."



Playing card valentines

Here's a quick and easy valentine to make. You will need:

- ◆ Pencil for tracing
- ◆ Playing card
- ◆ Red cardstock (one 8½-by-11-inch piece should make about 8 cards)
- ◆ Scissors
- ◆ Black marker
- ◆ Foam heart stickers
- ◆ Craft glue

Directions: Trace the outline of the playing card onto the red cardstock. Then cut out the traced shape. On one side of the cut-out red cardstock write the letter A on 2 corners (make one A upside down, as on a real playing card). Decorate with the heart stickers. Then add a message like "You're a real Ace" or "You're an Ace in my book." On the other side, write who the card is to and from. For more ideas, visit www.valentinesdayfun.net.



These Alamance Elementary students participate in the TerraCycle program.

Fundraiser helps N.C. schools, environment

A creative new program is paying American schools two cents for each Malt-O-Meal cereal bag it collects and sends to TerraCycle, a "waste upcycling" company. Malt-O-Meal cereal is sold in standalone bags, versus the more common method of bags within cereal boxes. Its eco-friendly packaging means its bags create 75 percent less waste for landfills. Now, its cereal bags are being collected by "Cereal Bag Brigades" and repurposed into a range of consumer goods from pencil cases to reusable tote bags and juice packs. The program teaches students the

importance of conservation and encourages environmentally responsible behavior. More than 30 North Carolina schools are participating so far, including Ahoskie Elementary, Southmont Elementary in Lexington, Wescare Christian Academy in Troy and Jonathan Valley Elementary in Waynesville. Malt-O-Meal, based in Minneapolis, is a family-owned manufacturer that makes more than 25 varieties of ready-to-eat, "value" cereal. TerraCycle, based in Trenton, N.J., turns packaging materials into affordable, quality goods. To sign up your school, visit www.terracycle.net/brigades.

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a guide to NC for teachers and students

Cherokee Indian stories

Cherokee people have lived in the Great Smoky Mountains for thousands of years. They traditionally relate stories to each other to explain how things came to be and to describe the mountains, animals and spirits around them. "The Origin of the Milky Way and Other Living Stories of the Cherokee" collects 27 stories, good for children ages 9 and up, that are presented by members of the Eastern Band of Cherokee Indians in their own words. The stories appear in free-verse form, like poems, so when if you read

them aloud, you can hear the rhythm of the stories as they were originally told. Historian Barbara R. Duncan, who collected and edited the tales, provides an introduction that describes Cherokee people's past and present ways of life, and includes a glossary of key words, suggestions for further reading, and notes about the storytellers. Softcover, 144 pages, \$12.95. To purchase, visit (800) 848-6224 or www.uncpress.unc.edu.



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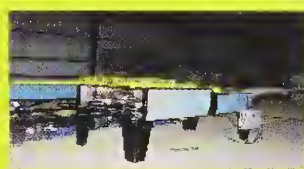


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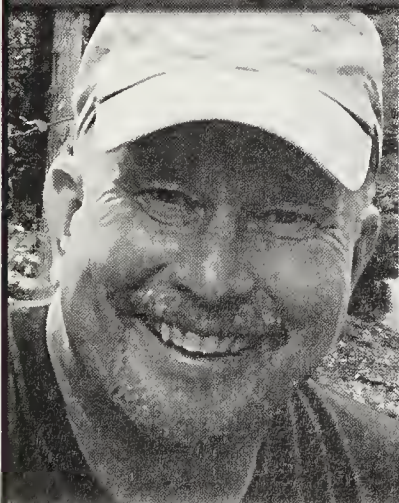
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MENTAL BLOCKS

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| u | n | s | c | r | a | m | b | l | e | d |
| A | C | D | E | I | L | N | M | O | P | T |

Match the blocks above with the blocks below to find hidden words.

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| r | b | u | s | l | d | r | m | e | a | u | n | c |
| | | | | | | | | | | | | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| u | s | c | n | r | b | u | a | e | l | r | m | d |
| | | | | | | | | | | | | |

Miss Fitts



ABBREVIATED ENGLISH MAY BRING ON THE DTs

FT sometimes stands for **foot**,
and sometimes stands for **feet**.
ST sometimes stands for **Saint**
and sometimes stands for **Street**.

CT means **Connecticut**,
though on a box, it's **count**.
And MT means **Montana**,
though sometimes only **Mount**.

Sometimes PT can mean a **pint**;
Sometimes it means a **boat**.
The only way to learn these things
is to learn them by rote.

- cgj

Cy Nical Says: A wolf in sheep's clothing probably feels sheepish.

| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| M | B | 1 | 9 | 7 | 1 | 7 | 4 | 6 | 1 | 9 | 2 | 1 | 5 | 8 | 7 |
| A | O | I | L | N | I | N | S | D | I | L | M | I | A | E | N |
| T | X | | | | | | | | | | | | | | |
| C | E | | | | | | | | | | | | | | |
| H | S | | | | | | | | | | | | | | |

Solve this multiplication problem and write your answer in the boxtops (one digit in each box). Then match boxes to find the hidden words in your answer.

For answers, please see page 33

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Growing hazelnuts

Hazelnuts are large, colony-forming shrubs that produce a bounty of small, edible nuts in autumn. Home gardeners can choose from two native species or a host of hybrids and named varieties. The sweet nuts, called hazelnuts or filberts, are rich in protein and unsaturated fat. They are a versatile food enjoyed roasted or added to salads, sauces and entrées. The nut is a staple ingredient in commercial confections such as praline, tortes and sweet spreads (such as Nutella). Commercial hazelnut production in the United States is concentrated in Oregon and Washington. A consortium of research organizations is betting on hazelnuts as a future sustainable crop throughout the country. The Arbor Day Foundation is selling seedlings of a new hybrid and encouraging home gardeners to help test their potential in various regions and report their results (for information, visit www.arborday.org/programs/hazelnuts).

Hazelnuts can be grown as orchards, windbreaks and wildlife plantings (deer, squirrels, chipmunks, jays, turkeys and pheasants are among the animals that eat the nuts, also called mast). Choose a site with average, well-drained soil and in full sun for best mast production. Plant more than one, as hazelnuts are not self-pollinating. Trees will grow to about 10 feet tall. Nuts ripen in autumn and can usually be harvested from the ground by hand. Use mesh netting (about ¾-inch) to protect your crop from wildlife. Young trees may produce nuts in as little as two years. You can keep thickets in bounds by mowing the perimeter. For more planting and growing tips, download www.arborday.org/programs/hazelnuts/graphics/bareroot-planting-guide.pdf. For hazelnut recipes, visit www.hazelnutcouncil.org.

Hort Shorts

- ▶ Chalk maple (*Acer leucoderme*), a relative of the sugar maple, makes a wonderful shade tree for small spaces. It has spectacular autumn foliage in hues of yellow, orange or red. This native tree ranges from 12 to 30 feet tall. It is usually multi-trunked, with smooth, pale-gray or whitish bark, and is suitable for sun or shade.
- ▶ Horseradish is a perennial vegetable whose roots are grated to produce the spicy condiment. The roots can be divided and replanted for the next year's crop. Because horseradish is an aggressive spreader, it is best to plant it in its own bed with a barrier or put it in a whisky barrel planter or other deep container. Plant new roots in the spring and harvest in late fall after frost for best flavor.
- ▶ Look for pruners and loppers with racheting mechanisms to help boost cutting power. They grip and hold, allowing you to release and squeeze again to prune a single branch progressively and more easily.
- ▶ For indoor sowing of spring vegetable and flower seeds, use a soilless growing medium. Keep the mix moist but not saturated to prevent damping-off, a fungal disease. Air circulation is also important for preventing fungal infections.
- ▶ When ordering plants by mail, be shrewd when bargain shopping. If a plant is significantly cheaper in one catalog, compare the size (usually given in pot size or age of plant) between catalogs. If the catalog specifies no size, inquire before ordering.
- ▶ Coir is an alternative to peat as a medium for starting seeds and propagating cuttings. The fibrous material comes from the outer husk of coconuts, a renewable resource, unlike peat. Coir is sold in compressed blocks. When soaked in hot water, a brick expands up to eight times its size.
- ▶ Japanese flowering apricot (*Prunus mume*) is a small (10–20 feet) garden tree that produces abundant, fragrant flowers in early to midwinter. Depending on variety, blooms may be white or shades of red and pink, and single, semi-double or double in form. Trees develop a rounded form; some weeping varieties are available. Japanese flowering apricots prefer moist, acidic, well-drained soil in a sunny exposure and are hardy in zones 6–9. Choose a sheltered spot in colder climates. Prune after flowering to ensure an abundant display the next year.
- ▶ Understanding the life cycles of weeds is key to controlling them. To view a handy online reference guide to common broadleaf, grassy, woody and vining weeds, along with control measures, visit www.garden.org/weedlibrary. 



Hazelnuts ripen in autumn and can usually be harvested from the ground. Trees may bear nuts within two years of planting.



Carla Burgess can be reached at ncgardenshare@mindspring.com.

For more gardening advice, go to the "Carolina Gardens" section of www.carolinacountry.com.

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February Events



Sharpe's Store in Bear Creek hosts a Bluegrass Music Jam on the third Saturday in February (Feb. 20). All talent levels are welcome and the music starts around 10 a.m., concluding when "everyone gets tired." Call (919) 898-6518 or visit www.sharpestoremusic.org.

ONGOING

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Fayetteville
(910) 483-5311
www.theartscouncil.org

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www.sunflowerstudiowf.com

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(828) 707-1641
www.curvestudiosnc.com

American Quilt Classics
Through Feb., Charlotte
(704) 337-2000
www.mintmuseum.org

Youth Sledding Hill
Free for 12 and under
Through March, Beech Mountain
(800) 468-5506
www.beechmtn.com

African-American Art Exhibit
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(910) 483-5311
www.visitfayettevillenc.com

Across County Lines
Artists surrounding Ashe County
(336) 846-2787
www.ashecountyarts.org

Priceless Pieces Quilt Show
Feb. 27 through March 29, Manteo
(252) 475-1500
www.roanokeisland.com

U.S. Coast Guard Art Collection
Through October 18, Elizabeth City
(252) 335-1453
www.museumofthealbemarle.com

Tell Me A Story
Through June 30, High Point
(336) 885-3655
www.dollandminiaturemuseum.org

5 | FRI.

Carolina Garden Expo
Feb. 5-6, Greenville
(252) 329-4200

Wildlife Arts Festival & NC Carving Championships
Feb. 5-7, Washington
(252) 946-2897
www.eastcarolinawildfowlguild.com

6 | SAT.

Back of the Big House
Plantation lives of slaves
Huntersville
(704) 875-2312
www.lattaplantation.org

Sharpe Store Music Gospel Jam
Bear Creek
(919) 542-8401
www.sharpestoremusic.org

Beast of the East Soccer Tournament
Greenville
(252) 329-4200

Hands on History
North Carolina's African Americans
Raleigh
(919) 807-7900
www.ncmuseumofhistory.org

Power Plant Program
NC Battleship, Wilmington
(910) 251-5797
www.battleshipnc.com

Appalachian Philharmonia
West Jefferson
(336) 846-2787
www.ashecountyarts.org

Off Loom Weaving
Feb. 6-20, Rutherfordton
(828) 245-1492
www.rcvag.com

7 | SUN.

Valentine Membership Party
Beaufort
(252) 728-5225
www.beauforthistoricsite.org

11 | THURS.

The Science of Wine
Durham
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www.lifeandscience.org

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Greenville
(252) 329-4200

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www.newberncivictheatre.org

12 | FRI.

"Route 66"
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Spindale
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www.foundationshows.org

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www.sunflowerstudiowf.com

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(704) 875-2312
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13 | SAT.

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www.lattaplantation.org

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Stumpy Point
(252) 473-5869
www.bayviewchapel.com

Contra Dance
Greenville
(252) 329-4200

"Winter into Spring" lecture
Tryon Palace, New Bern
(252) 514-4900
www.tryonpalace.org

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Create a Victorian valentine
Raleigh
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www.ncmuseumofhistory.org

14 | SUN.

"Homemade American Music"
Film
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18 | THURS.

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www.carolinagospel.com

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19 | FRI.

Salsa Dance
Greenville
(252) 329-4200

Beaucoup Blue Folk Concert
New Bern
(252) 633-6444
www.downtownfolkarts.org

20 | SAT.

Hike & Gather Round the Bonfire
Rutherford
(828) 245-1492
www.foothillsconservancy.org

Sharpe Store Music Bluegrass Jam
Bear Creek
(919) 898-6518
www.sharpestoremusic.org

Motown Concert
Greenville
(252) 329-4200

RiddleFest
Burnsville
(828) 682-7209
www.tvgn.org

Civil War Mustering Event
Feb. 20-21, Huntersville
(704) 875-2312
www.lattaplantation.org

21 | SUN.

Bridal Expo
Greenville
(252) 329-4200

23 | TUES.

Amory Lovins, Speaker on energy
Salisbury
(704) 637-4727

A Night at the Oscars with Shirley Jones
Hamlet
(910) 410-1691
www.richmondcc.edu

24 | WED.

An Evening with Author Fred Chappell
Asheboro, (336) 633-0208

Knitting Workshop
Huntersville
(704) 875-2312
www.lattaplantation.org

27 | SAT.

Southern Thunder Monster Truck Shootout
Feb. 27-28, Fletcher
(828) 628-9626
www.wcpshows.com/mtshow.html

Listing Information

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For April: Feb. 24

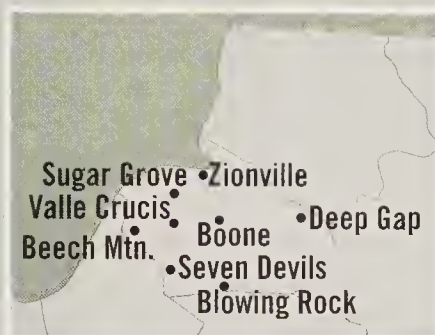
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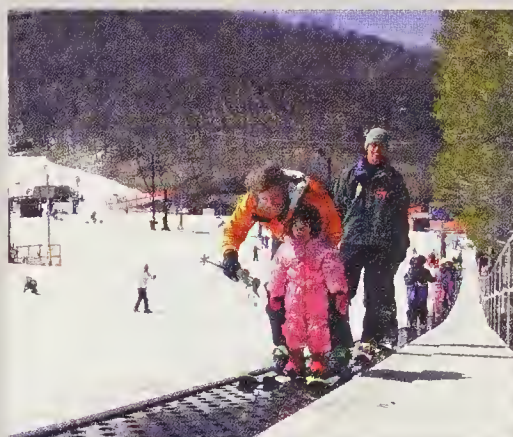
Watauga County Blue Ridge Electric EMC territory

wandering through include Beech Mountain, Blowing Rock, Boone and Seven Devils.

"There's no place like home" is at Beech Mountain the first weekend in October, which coincides with the movie release anniversary of the Wizard of Oz in 1939 (www.beechmtn.com). For more than 50 years, Blowing Rock's Tweetsie Railroad (www.tweetsie.com) and Mystery Hill (www.mysteryhill-nc.com) have been favorite family attractions. Boone (the county seat and largest city) is home to Appalachian State University, unique shops, restaurants and the outdoor summer theatre production "Horn in the West."

Three top spots:

Recreation: Watauga County offers snow skiing, snow tubing and snowboarding at Appalachian Ski Mountain in Blowing Rock (www.appskimtn.com) and Ski Beech at Beech Mountain (skibeech.com), as well as snow tubing and a year-round Zip Line at Hawksnest in Seven Devils (www.skihawk.com). The Zip Line course runs 1.5 miles, the longest on the east coast. The Blue Ridge Parkway (www.blueridgeparkway.org) and Pisgah National Forest are also accessible in Watauga, both offering camping, hiking, biking and horse trails, fishing, gem mining and agri-tourism sites.



Appalachian Ski Mountain in Blowing Rock

Blowing Rock: Listed as the oldest travel attraction in North Carolina, visitors come to see the Blowing Rock, which sits on a cliff 4,000 feet above sea level. The lure to this rock? The wind, whose force will blow a light object thrown over the rock cliff's edge back to the top of the cliff (www.theblowingrock.com).

Moses H. Cone Memorial Park: Off the Blue Ridge Parkway, this historic park features a 20-minute walking loop that leads visitors through the site's forests and meadows to the Flat Top Manor (a 23-room, 13-square-foot mansion), stables, barns, gardens and more. The park is home to the Parkway Craft Center (www.blowingrock.org/mosescone.html).

Learn of other nearby adventures and events:

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www.exploreboonearea.com

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Fireplace options stop you from burning dollars

Though it may seem contradictory, an open masonry fireplace can cool your house and result in higher overall heating costs. You may feel comfortable right in front of the fireplace, but your heat pump or furnace runs like crazy trying to keep the rest of the house warm.

Here's how it works: The fireplace opening attracts heated indoor air, then releases the warm air through the chimney. The resulting vacuum draws cold outdoor air into your house through windows, doors and gaps anywhere.

Although I do not recommend using an open fireplace during cold weather, if you really do like the ambiance of a fire, close all the doors to that room, open a window and turn the furnace thermostat down. You will still lose some heated air up the chimney from the rest of the house, but hopefully most of the air is being drawn from the open window. The loss is not as severe during mild weather because outdoor air is not as cold.

Every efficient wood-burning fireplace or insert will have tight-sealing

glass doors between the room and the chimney to block the loss of already heated room air. You may be able to operate some fireplace models with the glass doors opened and just a screen covering the opening, but do not burn it this way very long.

Burning firewood to heat your home—one of several forms of biomass heating—may qualify for a federal tax credit.

Biomass sources include cord firewood, wood pellets, corn, switch grass, peanut shells and even cherry pits, and can be burned in a variety of heating appliances.

The tax credit applies to any biomass heating appliance placed in service during 2009 and 2010. The credit is equivalent to 30 percent of the cost (including installation), up to a maximum of \$1,500. To qualify, the appliance must have an efficiency rating of 75 percent or greater. Get a manufacturer's certification statement certifying the unit meets efficiency requirements. For details, check energystar.gov/taxcredits.

When buying or upgrading a fireplace you're faced with several options. Initially you must decide between a zero-clearance or masonry fireplace. If your old fireplace is large, you may be able to fit a new unit inside. If you plan to install a fireplace somewhere else, installing a zero-clearance model is easiest. It often uses a double-walled design with insulation so it can be safely placed against wood wall studs.

A heat-circulating fireplace provides the best efficiency and most heated air output. Many of these operate without a fan and rely on the natural flow of room air around a superhot firebox.




The decorative airtight doors on this heat-circulating fireplace improve efficiency and reduce room air loss up the chimney.

As the air gets hot, it loses density and naturally flows into the room through an upper vent. This pulls cooler air from the room in through a lower inlet to be heated.

If you want more heat output and better control of the flow of heated air, install an optional blower kit to mount on fireplaces. The better ones have thermostats and variable-speed controls. A blower kit can usually be added by a homeowner.

For the greatest efficiency and least amount of drafts indoors, install an outdoor combustion air kit with the fireplace. Make this decision before you install the fireplace because a duct has to run to it to bring in the outdoor air. It is often run under the floor to the front of the firebox.

Airtight fireplace inserts are often the most efficient design and provide the longest burn time on a load of firewood and the greatest maximum heat output.

For air quality considerations, select an Environmental Protection Agency (EPA) certified model. Pellet and catalytic cord firewood models typically produce the least particulate matter. 

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

The following companies offer efficient wood-burning fireplaces:

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Fuego Flame (800) 445-1867
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Red Velvet Heart Torte

- 1 package (18½ ounces) red velvet cake mix
- 1 carton (6 ounces) raspberry yogurt
- ⅓ cup confectioners' sugar
- 1 carton (12 ounces) frozen whipped topping, thawed
- 1 cup raspberry pie filling

Prepare cake batter according to package directions. Pour into two greased and floured 9-inch heart-shaped baking pans. Bake at 350 degrees for 30–33 minutes or until a toothpick inserted near the centers comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.

In a large bowl, combine yogurt and confectioners' sugar; fold in whipped topping. Split each cake into two horizontal layers. Place one bottom layer on a serving plate; top with a fourth of the yogurt mixture. Repeat layers three times.

Spread the raspberry pie filling over the top of the cake to within 1 inch of the edges. Cover and refrigerate until serving.

Yield: 14 servings



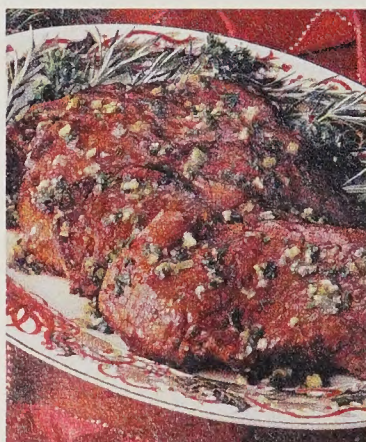
Hearty Chili Mac

- 2 pounds ground beef
- 1 medium onion, chopped
- 1 can (46 ounces) tomato juice
- 1 can (28 ounces) diced tomatoes, undrained
- 2 celery ribs without leaves, chopped
- 3 tablespoons brown sugar
- 2 tablespoons chili powder
- 1 teaspoon salt
- 1 teaspoon prepared mustard
- ¼ teaspoon pepper
- 2 cans (16 ounces each) kidney beans, rinsed and drained
- ½ cup uncooked elbow macaroni

In a Dutch oven or large kettle, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the tomato juice, tomatoes, celery, brown sugar, chili powder, salt, mustard and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 1 hour, stirring occasionally.

Add the beans and macaroni; simmer 15–20 minutes or until macaroni is tender.

Yield: 10–12 servings



Steak Diane

- 4 beef rib eye steaks (½-inch thick)
- ¼ teaspoon pepper
- ⅛ teaspoon salt
- 4 tablespoons butter or margarine, divided
- 2 tablespoons finely chopped green onions
- ½ teaspoon ground mustard
- 1 tablespoon lemon juice
- 1½ teaspoons Worcestershire sauce
- 1 tablespoon minced fresh parsley
- 1 tablespoon minced fresh chives

Sprinkle steaks with pepper and salt. In a skillet melt 2 tablespoons butter. Stir in onions and mustard; cook for 1 minute. Add steaks; cook for 2 minutes on each side or until the meat reaches desired doneness. Remove to a serving platter and keep warm. Add lemon juice, Worcestershire sauce and remaining butter to skillet; cook for 2 minutes. Add parsley and chives. Pour over steaks.

Yield: 4 servings

From Your Kitchen

Chocolate Peanut Clusters

- 1 package (4-ounce) Bakers German Sweet Chocolate
- 1 package (12-ounce) milk chocolate chips
- 24 ounce chocolate almond bark
- 24 ounce white almond bark (vanilla flavor)
- 16 ounce jar dry roasted unsalted peanuts*
- 16 ounce jar dry roasted salted peanuts*

**Other nuts can be used, such as cashews or almonds*

Layer ingredients in order in crock pot. Cook for 3 hours on low. Do not open! (I know it's hard not to lift the lid and stir, but don't.) After 3 hours, lift lid and stir well and drop by spoonful on wax paper. Cool and store in airtight container. Makes approximately 100 2-inch pieces of candy.

I break the bark up in the package so that it is easier to put in the crock pot. Use a large crock pot—the older round crock pots seem to work best. Others who have used newer crock pots have had their chocolate burn, so the newer crock pots may heat at a higher temperature. Make sure it is on the low setting.

Barbara Overton of Franklinton will receive \$25 for submitting this recipe.

Send Us Your Recipes

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Correction

The January 2010 recipe for Crock Pot Angel Chicken included two typographical errors. Use one 8-ounce tub of cream cheese with chives and onions (not 8 tubs) and a 0.7-ounce envelope of dry Italian salad dressing (not a 10.7-ounce envelope).



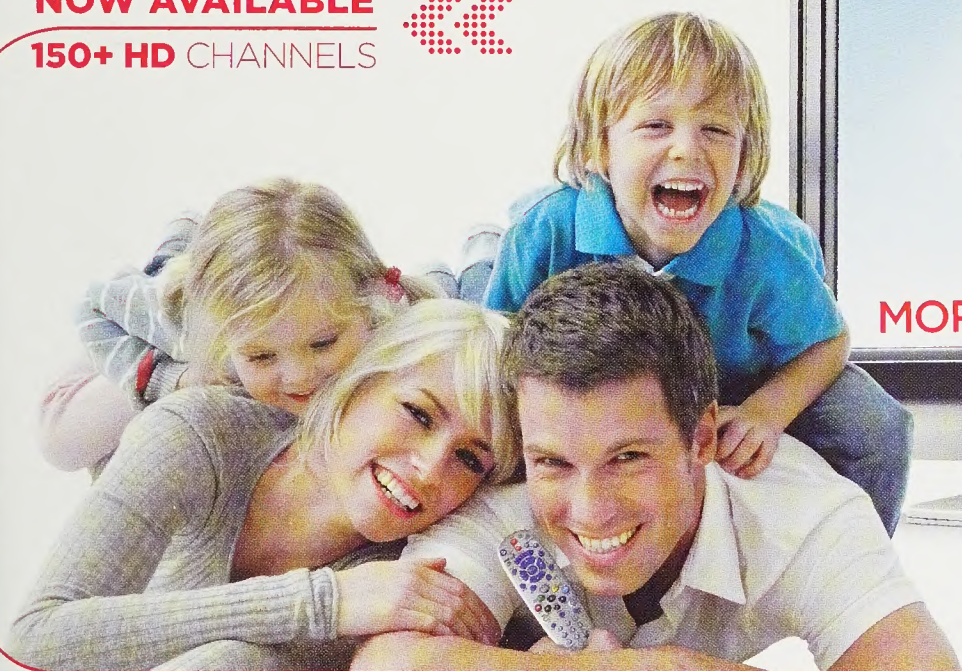
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| 55 | \$ 3.20 | \$ 2.53 |
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|----------------------------|--------------------------|----------------------------|
| 5 | N/A | N/A |
| 15 | N/A | N/A |
| 35 | \$ 1.79 | \$ 1.49 |
| 55 | \$ 4.30 | \$ 3.55 |
| 65 | \$ 7.18 | \$ 5.41 |
| 75 | \$ 13.24 | \$ 8.85 |
| 85 | \$ 26.26 | \$ 17.67 |

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